

THE AMERICAN **Legion**

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BLOWBACK


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Operation Comfort Warriors

A CONVERSATION WITH

Theodore Roosevelt IV

FOR GOD AND COUNTRY SINCE 1919





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More information on jobs for veterans is available online.

 www.legion.org/careers



The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.5 million members. These wartime veterans, working through 14,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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Tom Hill
CGA STAFF WRITER

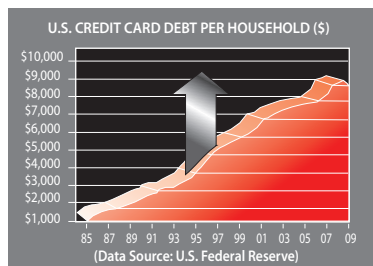
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'Our Third Front'

Alan Dowd's article (January) was very informative, and quite frightening. He says that Mexico may be close to losing the drug war and becoming a failed state. It is time that we Americans do some deep thinking and soul-searching. This monumental drug war that Mexico is waging would not be so costly and intense were it not for demand from the United States. For us, the drug war must begin at home. If we can throttle the demand of our youth and neighbors, the drug cartels will wither and die.

— Milton E. Nelson, Mitchell, S.D.

Why aren't we making policy changes to reduce the demand for illegal drugs here? Why aren't we doing more to find and stop the money spent here on illegal drugs from leaving the United States?

It's supply and demand. End the demand and we will end both the supply and the violence. Why not make drugs legal, tax them like other sin taxes, and let individuals be responsible for their own choices and actions?

— David Foss, Arlington Heights, Ill.

Alan Dowd has his facts and figures correct. Mexico is our third front – and unlike other wars we fight, this one can be fought without bloodshed or large amounts of U.S. money. The old saying goes, "Cut off the head of the snake." Stop the profit, and the war will subside. How? Legalize drugs. Employ U.S. citizens through government agencies, using money now spent on military aid against drugs, and pay them to distribute the drugs. No profit, no cartels. Makes sense to me.

— Malcolm Hendry, Cutchogue, N.Y.



This article was interesting, but Alan Dowd doesn't include a solution to the drug problem. I'll offer you one. The problem is that Americans don't want to stop taking drugs. We have been trying to solve this as a social and political problem. Instead, look at it as a technical problem. If the drug users didn't want to use drugs, the problem would go away.

Spray the plants, and spray harvested pot and coke, with a chemical that would make users temporarily sick but able to recover in a day or two. Deprive them of the high that comes from using the drug. The demand would disappear.

— Roger Wilby, Marietta, Ga.

'Industrial Revolution 3.0'

Patrick Tucker's article portrays a "brave new world" that sounds invasive and inhumane (January). Do we really want everyone's genome mapped so we will all take "lots of drugs to make people healthier, happier and smarter"? Do we want to give unskilled jobs that some people need to robots? Not everyone is cut out

to do only “the truly intellectual tasks.” And do we want to be exposed to more pulsed microwave radiation from new devices everywhere, when people are already reporting serious symptoms from microwave-transmitting smart-grid meters?

– Cheryl Zehfus, Sheboygan, Wis.

I found little information pertaining to artificial intelligence in this article. Fascinating stuff, though, to be sure. A disturbing comment refers to the notion of being able to monitor every citizen’s electrical usage through smart-grid AI technology. This “big brother” snooping is just one more example of creeping socialism. What we buy, eat, read, worship, etc., is private and not the government’s business. Yet look at the U.S. census form. I say give them your name, rank and serial number, and then say, “Butt out!”

– Al Wolter, Hunckley, Minn.

‘Baptism by Crisis’

Dr. Rajiv Shah takes an astounding leap by stating (to paraphrase) that USAID helps develop vibrant economies, effective civil society and good local governance that allows the United States to exit and countries to be successful in their own right. He then says that if we compare South Korea to North Korea, we will see the value in doing this. He totally disregards the fact that thousands of military men and women died fighting communism to a standstill on the

Korean peninsula 60 years ago and have protected South Korea from northern aggression ever since, allowing a capitalist free-market economy to thrive.

More telling, perhaps, are other unsupported statements by Shah, such as how foreign aid creates “a sort of durable stability that precludes the need for military engagement” and “is the effective way to protect our national security.” He expects us to believe that?

– Donald Case, Mableton, Ga.

Law of the Sea treaty

In the discussion about the Law of the Sea treaty (Big Issues, January), I am appalled that neither politician’s commentary mentions the Agenda 21 structure from which it evolved. Developed from the Brundtland Report and the 1992 Rio Convention, Agenda 21 upholds and defends only the U.N. Charter. Its membership and advocates would will to supersede our Constitution.

– Gary W. Smith, Vallejo, Calif.

Jobs for veterans

Tom Philpott did a nice job on the article about Congress helping veterans get jobs (Veterans Update, January). However, he should research the 100,000-plus administratively determined employees brought in under this administration. Most new administrations bring in around 10,000.

Admin-determined employees normally earn between \$150,000 and \$200,000 per year, much more than the average civil servant. Most are not really

qualified, and the worst part is that they are all hired without competition. My friends at the Department of Education and Federal Student Aid say that not one admin-determined employee is a veteran.

– Roderick Loss, Derwood, Md.

‘When to Turn in the Keys’

The article by Rachel Kaufman (Living Well, January) raises more questions than it answers. Older drivers – even though they’re not as sharp as they once were – are no more dangerous than younger drivers who have never been taught the rules of the road and are simply too incompetent to be behind the wheel of a car. While we have more miles of highway and more automobiles per capita than any other nation, we also have the most poorly trained drivers. And that has nothing to do with age.

– Paul R. Hollrah, Locust Grove, Okla.

Corrections: In the January cover wrap, the income-tax treatment of Social Security benefits was described incorrectly. Those who file jointly and have an income, including one-half of their Social Security benefits, that exceeds \$32,000 will have a portion of their Social Security included as income for tax purposes. The original and correct response to the reader question can be seen in the “Ask the Financial Expert” section of the Financial Center at www.legion.org.

Democratic Sen. Mark Begich represents the state of Alaska, not Arkansas (Big Issues, January).

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Legion birthday: a celebration of values

Its official name had not yet been adopted when The American Legion's purpose was stated in the form of a one-sentence paragraph. It was Monday morning, March 17, 1919, and a weekend gathering of officers and enlisted members of the American Expeditionary Forces was coming to a crescendo in Paris. The paragraph was what we might today call a "mission statement." It came from the Committee on Constitution, chaired by G. Edward Buxton, who had been the commanding officer of Medal of Honor recipient Pvt. Alvin C. York, also in attendance. The paragraph read:

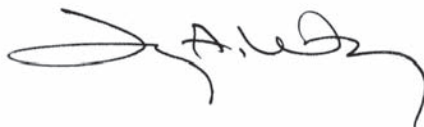
We, the members of the Military and Naval Service of the United States of America in the great war, desiring to perpetuate the principles of Justice, Freedom and Democracy for which we have fought, to inculcate the duty and obligation of the citizen to the State; to preserve the history and incidents of our participation in the war; and to cement the ties of comradeship formed in service, do propose to found and establish an association for the furtherance of the foregoing purposes.

Elements of that paragraph would later shape the Preamble to The American Legion Constitution, recited at the beginning of every official Legion meeting. Moreover, the values within the paragraph would come to life in innumerable ways over the next nine decades, all wrapped around key terms like "we, the members," "we have fought," and "to cement the ties of comradeship."

Not all military officials in France were thrilled about an unregulated rendezvous of officers and enlisted personnel at that time. Four months had passed since the armistice was signed. U.S. soldiers still in Europe were restless and ready to go home. Morale was a major issue. Many were going AWOL. Gen. John Pershing cautiously agreed, and passes were granted to summon members of the AEF to brainstorm ideas to improve their own spirits. In response, they formed The American Legion.

Bishop Charles H. Brent, senior chaplain for the AEF, was among the officials worried about what this gathering of battle-worn men might concoct. Political radicalism was a possibility. Brent was relieved to learn that all these troops wanted was to stay connected, help one another, never forget their wartime experiences, and defend the values and ideals for which they had fought. Some officials found it odd that these soldiers and sailors came away from the Paris Caucus expecting nothing from anyone other than each other.

Many wars have passed since the Meuse-Argonne Offensive when Alvin York made history under G. Edward Buxton's command, before both became dedicated Legionnaires. The first sentence of that first committee report, however, is as meaningful as ever today, as American Legion posts celebrate this organization's 93rd birthday and welcome home a new generation of patriots who long for little more than to stay connected, help each other, remember their wartime experiences, and protect the ideals for which they fought, expecting nothing from anyone other than themselves. They are us.




National Commander
Fang A. Wong

MEMORANDA

A MOMENT IN TIME If you enjoy American Legion history, visit the Legion's website and click on "A Moment in Time." And if you like that, visit the site's collection of profiles of past recipients of our Distinguished Service Medal and National Commander's Public Relations Award.

 www.legion.org

ROLLING THUNDER More than 450,000 motorcyclists are expected to pour into Washington for the 25th anniversary of Rolling Thunder on Memorial Day weekend. Four special bikes have been custom-built in honor of the occasion, and will be unveiled at a special event May 26.

 www.rollingthunderrun.com

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Balanced budget amendment



SUPPORT

Rep. Bob Goodlatte, R-Va.

■ Goodlatte is a member of the House Judiciary Committee.

Our national debt has hit \$15 trillion. This is the result of irresponsible spending that is crippling America's future. We must change the way Washington does business.

The House of Representatives held a historic vote on a balanced budget amendment to the Constitution, legislation that I introduced on the opening day of the 112th Congress.

The American people have repeatedly asked members of Congress to put partisan politics aside and work together to ensure a bright fiscal future for our country. They know that a balanced budget amendment is a vital piece of any common-sense solution to our nation's fiscal woes.

The House heeded that call and brought the bipartisan H.J. Res. 2 to the floor for a vote. While the legislation received the support of 261 members of Congress, it didn't reach the necessary two-thirds threshold.

Despite the vote, I remain as committed as ever to passing a balanced budget amendment. Simply put, you can't spend more than you take in. Business owners, individuals and families all across the country understand this principle and practice it in their own lives. They should expect nothing less from the federal government, yet Congress continues to prove it cannot make the tough decisions on its own.

Real institutional reforms are needed to bring Washington's insatiable appetite for spending under control. Rest assured that this vote will not be the end. I intend to continue working across the aisle to build even more support for this much-needed amendment. It is the only way to ensure that Congress curtails its spending, regardless of which party is in control.



OPPOSE

Rep. Jesse L. Jackson Jr., D-Ill.

■ Jackson is a member of the House Appropriations Committee.

We do need to responsibly reduce our nation's budget deficits and debt, and the best way to do that is to invest, build and grow our economy through balanced economic growth, not a balanced budget amendment (BBA).

We have serious gaps to be narrowed:

■ An economic gap between rich and poor. Ask the 99 percent.

■ Social gaps between racial minorities and the

majority white population.

■ A gender gap. Women earn 76 cents for every dollar men earn.

■ A generation gap. Will Social Security be there for the next generation?

■ An infrastructure gap. We need upgrades to our roads, bridges, ports, levees, water and sewer systems, high-speed rail, airports and more to remain competitive in the world marketplace.

How does a balanced budget amendment narrow these gaps? It doesn't. It'll exacerbate them by balancing the federal budget on the backs of the poor and the working and middle classes.

The Center on Budget and Policy Priorities and Citizens for Tax Justice both say a BBA would damage our economy by making recessions deeper and more frequent, heighten the risk of default, lead to reductions in needed investments for the future, favor the wealthy over middle- and low-income Americans by making it more difficult to raise revenues and easier to cut programs, and weaken the principle of majority rule.

Do we want a future of innovation, the best schools, the brightest students, and the strongest and healthiest workers? Do we want to continue to lead the world? I say no to a BBA because it's irresponsible and shortsighted.

THE HEART OF THE ISSUE

Supporters say a balanced budget amendment would reign in U.S. debt.

Critics counter that it would inhibit needed investments in the economy.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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The pendant can be yours for \$99 plus \$7.50 shipping and service, payable in three monthly installments of \$35.50. Your satisfaction is guaranteed. If you are not delighted, simply return the pendant within 90 days for replacement or refund. For delivery in time for the next special occasion, don't delay — order today!



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GOT DRUGS?

How to get rid of them safely

Unneeded and leftover prescription drugs are a growing problem. Left around, they can wind up in the wrong hands. Every day, 2,500 teenagers abuse prescription drugs, often obtained by raiding the family medicine cabinet. But tossing the drugs in the garbage can be a safety hazard for children and pets. And flushing medicine down the toilet is an environmental concern; most drugs survive sewage processing and wind up in rivers, lakes and, ultimately, drinking water.

In 2008, an Associated Press investigation found that an array of pharmaceuticals – including antibiotics, anticonvulsants and sex hormones – have been detected in the drinking-water supplies of 24 major metropolitan areas. Most environmental residues come from drugs that have passed through humans, but the Food and Drug Administration (FDA) discourages adding more drug residues to the nation's waterways.

Community drug-disposal events are a recent solution to the pharmaceutical-overload problem. Last spring, Americans turned in 376,000 pounds of expired or leftover prescription drugs on National Prescription Drug Take-Back Day, an event sponsored by the Drug Enforcement Administration (DEA) in partnership with local organizations and law-enforcement agencies. The drugs collected at 5,361 sites across the country were sent to secure disposal facilities for incineration. If you missed the event in your community,

the second-best option is to follow these steps for getting rid of unneeded drugs safely:

■ Follow any disposal instructions on the drug label.

■ Don't flush drugs down the toilet unless the label says to do so. A few drugs – including opiates, leftover fentanyl patches and other potent narcotics – should be flushed right away to get rid of them. These drugs could be especially dangerous to children and pets if taken accidentally. The FDA keeps a list of such drugs on its website, www.fda.gov.

■ Throw drugs in the household trash only after taking precautions. Remove pills and capsules from their original container. In a

sealable plastic bag or small container, mix them with coffee grounds, kitty litter, or another undesirable substance, and place the container in the trash. This will discourage children, pets and people who may intentionally go through your trash.

■ Before throwing out empty pill containers, completely scratch out your name and other identifying information, to protect your identity and privacy.

For more information about proper drug disposal, talk to your local pharmacist.

Judith Hurley is a freelance writer specializing in health and medicine.

Smart drug disposal

To find out about drug-disposal opportunities in your community, call your city or county trash-removal service, or ask your pharmacist. Read online about ways to safely dispose of drugs.

SmartRx Disposal

 www.smarxtdisposal.net

National Take-Back Initiative

 www.justice.gov/dea

Media Bakery

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



Artist depiction

DIABETES DAMAGES NERVES

which may cause shooting,
burning, pins-and-needles pain.

Lyrica is believed to work on these damaged nerves.

Get specific
treatment to scale
back this pain.

Relief is possible. Ask your doctor about Lyrica today.

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PREGABALIN 
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LYRICA is FDA approved to treat Diabetic Nerve Pain (or pain from Diabetic Peripheral Neuropathy).

This pain can worsen over time. **LYRICA provides effective pain relief so patients feel better.*** In some patients, Lyrica can provide significant pain relief in as early as the first week of treatment. And, you should know, Lyrica is not a narcotic.[†]

*Individual results may vary. †Those who have had a drug or alcohol problem are more likely to misuse Lyrica.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Risk Information for Lyrica on the following page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS



(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.

LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See “Important Safety Information About LYRICA.”
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling “high”

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Trouble concentrating
- Blurry vision
- Swelling of hands and feet
- Weight gain
- Dry mouth
- Sleepiness

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to www.lyrica.com or call 1-866-459-7422 (1-866-4LYRICA).

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call 1-866-706-2400 or visit www.PfizerHelpfulAnswers.com.



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Rx only

Avoid health problems from computer use

If hours spent on the computer are triggering headaches, vision problems or muscle aches and pains, it may be time to check your computer habits. Follow this advice from the Occupational Safety and Health Administration:

DON'T

- Sit in a nonadjustable chair.
- Jut your head and neck forward to look at the screen.
- Reach for the mouse.
- Use a laptop computer without an external keyboard for a long period.
- Work without periodic breaks.

DO

- Use a chair with adjustable height and tilt.
- Make sure the small of your back is supported.
- Keep the top of the screen at or below eye level.
- Place your feet on the floor or a foot rest so that your thighs are parallel to the ground.
- Keep your upper arms and elbows close to your body.



Headaches significant cause of military attrition

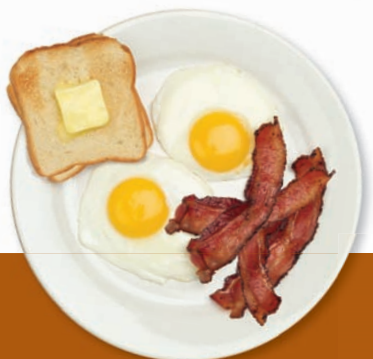
Headaches take quite a toll on military personnel. They have been the No. 1 reason for medical evacuation of troops from Iraq and Afghanistan, researchers from the Johns Hopkins University School of Medicine recently reported in *Cephalalgia*.

In reviewing the medical records of evacuated personnel, the team found that the most common types of headaches were post-concussion headaches and migraines. Kevlar helmets were listed as the cause of 23 percent of headaches. Though critical to safety in combat zones, the heavy head gear can damage or put pressure on the occipital nerve at the back of the head.

Only a third of those evacuated due to headaches returned to active duty, making this common neurological complaint a significant factor in the depletion of deployed personnel.

Build a better meal

Wondering what's really on your plate? The Centers for Disease Control and Prevention has developed an "Analyze My Plate" interactive tool that helps you build a meal in seconds, then analyze your choices. Don't like what you see? Swap waffles for eggs, or spaghetti for meatloaf, and try again – all with the click of a mouse.



2 fried eggs, 4 slices bacon, 2 pieces toast, butter, coffee with cream and sugar

746 calories
29 grams protein
40 grams fat
1,671 mg sodium

Fruit-and-nut muffin, yogurt, orange juice

618 calories
16 grams protein
11.2 grams fat
737 mg sodium



Oatmeal, 2% milk, mixed berries, tea

302 calories
15 grams protein
7.5 grams fat
303 mg sodium

www.fruitsandveggiesmatter.gov Click on "Interactive Tools," then "Analyze My Plate"

Forever young?

BY RACHEL KAUFMAN

Going under the knife is no longer just the domain of young Hollywood celebrities. People of every age are now getting plastic surgery. No, really, every age.

Statistics from the American Society of Plastic Surgeons show that the number of people 55 and older having cosmetic work done made up about a quarter of all procedures performed in 2010.

The most popular procedures are Botox injections and other minimally invasive fillers, but face-lifts, breast augmentation and tightening of droopy eyelids are also popular with the over-65 set.

"People are very active into their later years, and they want to look as good as they feel," says Dr. Richard Schwartz, whose practice is based in Palm Beach, Fla.

Other reasons for seniors to "have work done" are more practical. With more older people delaying retirement and working longer, some feel pressure to look younger to compete in the marketplace.

"I don't think there's any question about it," says Dr. Robert Brueck, a Fort Myers, Fla.-based surgeon. "You have more and more people needing to work, and they have to look presentable for a job interview."

But tummy tucks and face-lifts aren't for everyone. As with any surgery, a patient's general health determines how risky the procedure will be. "A patient who's had a history of heart attacks or high blood pressure would not be a good candidate," Schwartz says. However, recent advances have made it possible to perk up body parts with quick procedures, rather than with day-long surgeries.

"Laser liposuction" provides better results with less surgery time, new "volumization" techniques use the body's own cells to plump up flesh, and some procedures can even be done without a general anesthetic.

"I had a woman in her 60s come in, and I did her eyes in one of my chairs while she was awake; we talked the whole time," says Dr. Michael Brown of the Loudoun Center for Plastic Surgery in Ashburn, Va. "A breast aug is a 30-minute operation. It takes longer to get your teeth cleaned."

That may be true for some patients, but it's important to take your individual medical history into account, and to always consult with your primary doctor before opting for any elective surgery.

Another question to consider is why to have the operation at all.

"Nobody gets to look their age, because if they do they're treated as so much older," says Diana Zuckerman, director of the National Research Center for Women & Families, which has studied the health effects of breast implants and other surgeries.

The U.S. media diet plays a role, too. "We watch TV and we see actresses that we know are older than we are, and they look 20 years younger than we are," Zuckerman says. "It's demoralizing."

Plastic surgery has unique risks. Breast implants, for instance, can interfere with mammograms or even burst, necessitating another surgery to have an implant removed. Potential surgery candidates should be aware of all the issues before deciding to proceed.

However, if you've decided to have a face-lift or your eyelids lifted, and you're in good medical shape, age should not be an issue.

"I did a face-lift on a lady who was 90," Brueck says. "The hardest part was trying to find two weeks where she didn't have anything on her social calendar."

Media Bakery

Rachel Kaufman is a freelance science writer living in Washington.

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This is my story

I used to be more active. I used to run, play basketball, tennis, football... I was more than a weekend warrior. I woke up every day filled with life! But now, in my late 30's, I spend most of my day in the office or sacked out in front of the TV. I rarely get to the gym – not that I don't like working out, it's the nagging pain in my knees and ankles. Low energy and laziness has got me down. My energy has fizzled and I'm embarrassed to admit that I've grown a spare tire (I'm sure it's hurting my love life). Nowadays I rarely walk. For some reason it's just harder now. Gravity has done a job on me.

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I put them on and all I could say was, "WOW!" In minutes I was out the door. I was invincible; tireless in my new Gravity Defyer shoes. It was as if my legs had been replaced with super-powered bionics. What the doctor promised was all correct. No more knee pain. I started to lose weight. At last, I was pain free and filled with energy! I was back in the game. Gravity had no power over me!

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Vets urged to seek rating upgrades

BY TOM PHILPOTT

About 75,000 veterans medically separated between Sept. 11, 2001, and Dec. 31, 2009, with service disability ratings below 30 percent will receive letters from a special board inviting them to have their ratings reviewed for a possible upgrade – an invitation they should accept.

But these veterans don't have to wait for the letters. They can apply to the Physical Disability Board of Review online at www.health.mil/pdbr to have their ratings reviewed. The application is only a page long, and there is no chance of a rating downgrade.

The special mailing is an acknowledgment by the Department of Defense that too few qualified veterans even know that the PDBR exists, or understand what a ratings upgrade would mean in lifetime compensation and benefits. It's a particularly important opportunity for veterans injured in Iraq and Afghanistan who believe they were low-balled on their original ratings by their review boards.

At stake, if ratings are upgraded to 30 percent or higher, is eligibility for a disability annuity back-loaded to the date of the original decision. Payments would have to be reduced for a while, to recoup whatever separation pay was provided at discharge. But also at stake for eligible applicants is access to lifetime military health care for veterans and spouses, discount shopping on base, and any other privileges tied to retiree status.

Congress realized years ago that the services had been medically discharging thousands of veterans using internal rules that underrated disabilities. They rated only a single "unfitting" condition, leaving other conditions for VA review, or used modified rating tables that were more stringent on certain key conditions than tables used by VA.

As part of a legislative reform package for wounded warriors, Congress ordered the services to rate every unfitting medical condition without exception, using the Veterans Administration Schedule for Ratings Disabilities (VASRD).

Congress also ordered retroactive relief. DoD had to establish the PDBR to reconsider ratings below 30 percent given to vets medically separated back to 9/11. PDBR review isn't automatic, however. Veterans need to apply for reconsideration.

The PDBR began accepting applications in June 2009. A full review once took 18 months on average. That is now down to 13 months. But

45 percent of completed cases result in recommendations that ratings be raised to 30 percent or higher, the threshold to gain retiree status. To date, the secretary of the Air Force has accepted 100 percent of PDBR recommendations, the Army 98 percent and the Navy 93.

But PDBR President Michael LoGrande says the overall number of applications to date is only 2,700, or 3.5 percent of potentially eligible veterans.

Coordinated jointly by VA and DoD, the mailing is expected to be so effective that the PDBR wants it done in phases, to avoid swamping

the board and frustrating applicants. LoGrande first sought permission for a direct mailing two years ago. Because of budget constraints and other priorities, it didn't happen.

Last summer, Sen. Mark Udall, D-Colo., became concerned that too few eligible veterans were seeking rating reviews. He urged VA Secretary Eric Shinseki to conduct a direct mailing.

The first batch of letters was to be mailed at the end of January to 15,000 qualified veterans discharged in 2001, 2002 and 2003. Another 20,000 letters will be mailed at the end of April to qualified veterans discharged in 2004 and 2005, 16,500 at the end of July to veterans discharged in 2006 and 2007, and 13,200 at the end of October to veterans discharged in 2008 and 2009. Thus, those who waited the longest will be notified soonest.

Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel for more than 30 years.



Dustin Senger, Fort Carson

PDBR President Michael LoGrande says that very few post-9/11 veterans have requested review of their physical disability ratings.

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III Winds of Change

As Islamists gain a foothold in Egypt and across the Middle East, the Arab Spring threatens to turn into a bitter winter.



BY BEN BARBER

Egypt has long been a mystery, even to those diplomats, aid workers and journalists who have spent years walking its dusty streets, sipping tea in its cafés, and chatting with people from all walks of life: students and teachers, officials and merchants, the hungry and the corrupt.

The country seemed a place so ancient and passive that rule by a strongman was part of the landscape – like the giant pyramids built by slaves to honor dead kings 3,000 years ago.

Once, during a visit, I saw an ornate, larger-than-life-size portrait of the man who had led Egypt since 1981, Hosni Mubarak. Poor, unemployed and bitter people passed by that portrait day and night. But not one of them put a single scratch or mark of graffiti on it. It was as if Mubarak was a pharaoh, untouchable and unchangeable.

Under the surface, though, Egypt seethed with dissatisfaction, a tinderbox that would ultimately be ignited by Tunisians' success in driving their own dictator from power. In December 2010, fruit vendor Mohamed Bouazizi burned himself to death in protest of police treatment, setting off a revolution and inspiring copycat self-immolations in Egypt and other Arab countries. These, in turn, birthed pro-democracy revolts – a so-called



Demonstrators rallied after 25 people, mostly Coptic Christians, were killed in clashes with Egyptian security forces. Mohammed Hossam/AFP/Getty Images

Arab Spring – in Algeria, Morocco, Jordan, Yemen, Libya, Bahrain, Saudi Arabia, Oman and Syria.

In Egypt, hundreds of thousands of people assembled daily in Cairo's Tahrir Square to call for democracy and an end to one-party rule and police torture. The 500,000-strong army moved tanks and troops near the square but stayed neutral, winning Egyptians' respect and admiration. Pro-Mubarak thugs attacked demonstrators with rocks and sticks, but they would not be moved. Foreign and Egyptian journalists were beaten and arrested before they were allowed to cover the protests, which were led by young people like Google executive Wael Ghonim, who started a Facebook page dedicated to a man beaten to death by police. Ghonim was jailed for a week. After his release,



Thousands of protesters from across the political and ideological spectrum filled Cairo's Tahrir Square last February to demand an end to the 30-year rule of Egyptian President Hosni Mubarak. Ten days later, he announced his resignation. Barry Iverson

he gave a teary-eyed speech in Tahrir Square that marked the beginning of the end for Mubarak.

Forced to step down, the dictator – along with his son and cronies – was arrested and tried for corruption and abuse of power. Meanwhile, the army set up a provisional council to run Egypt, the most populous of the 22 Arab states that stretch from Morocco in the west to Iraq in the east. But it was unclear to observers if real democracy was about to be born. Those who ran the country for 30 years – as members of Mubarak's National Democratic Party or in the elite business class – remained largely in place. And the army from which Mubarak sprang remained in power, protecting its vast network of factories and other moneymaking concerns.

Within weeks of Mubarak's downfall, the only organized political group in Egypt that appeared ready to run for parliament was not the liberal, educated and Internet-savvy youth who launched the protests, but the Muslim Brotherhood, which wants to install shariah, or Islamic law. Outlawed by Mubarak and his predecessors, Gamal Abdel Nasser and Anwar Sadat (who was assassinated in 1981 by Muslim extremists), the Brotherhood claims it will respect the rights of 8 million Coptic Christians and not try to cancel the Camp David peace accord with Israel. Even Karam Zohdi, who spent 22 years in prison for the assassination of Sadat, told me in a Cairo jail that he regretted the killing and would only advocate for peaceful moves toward Islamic rule. But many fear that the

Brotherhood only says what it hopes will get it into power, and that in the end, Egypt will end up like Iran, where Islamic mullahs won power in 1979 and never let go.

Wrong Turn. On Feb. 19, 2011, two days after Mubarak resigned, one of the Brotherhood's prominent thinkers, Sheikh Yusuf Abdullah al-Qaradawi, preached openly to a million people in Cairo, ending a 50-year exile. It was an early sign that Islamist chickens were coming home to roost. Al-Qaradawi had earlier, on his TV show, encouraged suicide bombings against Israel and U.S. forces in Iraq. In a 2009 sermon on Al Jazeera, he prayed, "Oh Allah, take the Jews, the treacherous aggressors ... do not spare a single one of them. Oh Allah, count their numbers and kill them, down to the very last one."

The 30-year peace with Israel, midwived by President Jimmy Carter at Camp David in 1979, was already under attack, and not just verbally. Militants operating in Egypt's Sinai Peninsula blew up the gas pipeline to Israel. Some of them also crossed the border and killed eight Israelis near Eilat. When Israeli troops in hot pursuit accidentally killed six Egyptian border guards, anti-Israel mobs attacked and burned the Israeli embassy in Cairo. Both Israel and the Egyptian army quickly calmed the situation. Cooler heads remember and seek no repeat of the bloody wars fought in 1948, 1955, 1967 and 1973. In fact, throughout the Arab uprisings that followed those in Tunisia and Egypt



last year, there has been little anti-Israeli or anti-American sentiment expressed. So far.

Oddly enough, the Brotherhood stood on the sidelines while young people – using social media like Facebook and Twitter – challenged Egypt’s police and won the hearts of millions around the world. Only once it became clear that Mubarak was finished did the Brotherhood come out to the square and seek to take over the uprising.

Egypt’s revolution might have been predicted, although few saw it coming. Cafés in Egypt had for years shown Al-Jazeera and other satellite news channels. Anyone with a basic education could use computers in Internet cafés. Thousands had traveled to Europe or the United States for education, where they tasted freedom of speech and saw corrupt officials prosecuted and jailed, no matter how rich and powerful. In Egypt, injustice was part of daily life.

Several years ago, I was staying at a budget hotel in Cairo and could not sleep, so I went downstairs to take a walk. Behind the front desk were seven young men squeezed together on a wooden bench. They told me that all of them had completed bachelor’s degrees at Cairo University, but this was the only job they could get. Their pay: \$30 per month. Hope of advancement: zero.

Initially, the Arab Spring of 2011 sounded like great news. We were all overjoyed to hear of despots pushed from power by popular uprisings calling for real democracy, from Egypt and Tunisia to Yemen, Libya, Syria and Bahrain.

But some of us warned early on that rebellions in countries such as Egypt, which had never had democratic institutions like a free press and political parties, might open the door to Islamist takeovers. And these are countries that have been crucial U.S. allies for decades.

Ironically, the Arab Spring revolutions began in peaceful, prosperous, westernized Tunisia, which is closely linked to former colonial ruler France by language, migration, work, education and trade. The North African nation of 10 million people – where U.S. and British troops destroyed Rommel’s army in World War II – seemed unlikely to spawn radical change across the Middle East.

But on Dec. 17, 2010, police seized fruits and vegetables from street vendor Mohamed Bouazizi, an educated man who could find no better work in the small city of Sidi Bouzid. When he asked for the return of his goods, he was insulted and slapped. Humiliated and frustrated, he set himself on fire.

By Jan. 14, public protests over his suicide – fanned by social media – spread across Tunisia and led President Zine el-Abidine Ben Ali to flee to Saudi Arabia, ending 23 years of absolute rule. The protests were also fueled by WikiLeaks’ release of purloined U.S. State Department cables, which revealed that the country’s leader was seen by his people as a corrupt autocrat. People especially resented the corruption of his second wife, Leila – a former hairdresser – and her family, the Trabelsis.

Protests over unemployment and the high cost of living were joined by labor unions, teachers and lawyers. Repression by security forces, the arrests of journalists and activists, and the use of gas and police only incited bigger protests.

After 10 months under a series of interim leaders, elections for a constituent assembly were won by a moderate Islamic party, Ennahda, which then elected human-rights activist Moncef Marzouki as president on Dec. 13.

Despite assurances by Ennahda leaders that it will not change the liberal social policies of Tunisia, there have been attacks on liquor stores, and many fear that women will be forced to wear veils, accept polygamy and retreat from public life.

Such fears were confirmed by the first two elections that closed out a turbulent year in the Middle East. The results sent shivers through onlookers in Cairo, Tel Aviv and Washington, as Islamists won in both Tunisia and Egypt.

Tunisia is a small, weak, but relatively prosperous country. Egypt is a giant land of 80 million people, a leader of the Arab political and cultural world, but wracked by poverty and social conflict.

In December, the first round of Egypt’s parliamentary elections was won by the Muslim Brotherhood (36.6 percent), and the even more extremist Salafist party (24.4 percent). The young Egyptians who led the overthrow of Mubarak received less than 20 percent of the votes cast. More election rounds are to take place before June for the rest of



Egyptian soldiers stood guard as protesters demonstrated outside the defense ministry in Cairo last summer. AFP/Getty Images



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Parliament, the presidency and a new constitution. But the stunning victory by Islamic parties has cast a pall over the entire Middle East.

The Egyptian military ruling council that took power after Mubarak resigned told foreign reporters after the December election that the Islamists do not represent the real Egypt and only won because of their superior organization. One general said the army would not let them take power or write the new constitution.

But if the Brotherhood does not reflect the true voice of modern Egypt, as the army insists, neither do the educated, English-speaking young men and women who led the protests.

“The revolution was a revolution of the big cities,” Hani Shukrallah, editor of the *Ahram Online* news service, told *The New York Times*. “The provinces are just not there. The secular values that drove the revolution have not reached them.”

Uncertain Outcome. The United States is torn. Clearly, it’s in America’s interests to avoid an Islamic takeover in Egypt that might repress women, break the peace accord with Israel, oppose U.S. policies, and install the (literally) hand-cutting penalties of shariah.

But the United States supports democracy, and sometimes takes risks that people and parties it dislikes will gain power. In 2006, the State Department burned its fingers by pushing the Palestinian Authority to carry out elections. Predictably, Hamas won and immediately set up an extremist state in Gaza, firing rockets into Israel on a daily basis.

Though the Egyptian army said it would block an Islamist takeover regardless of the election outcome, the White House called on the army to respect the will of the majority, even if it favors the Islamists.

The unrest and threat of a turn to extremism has hit Egyptians hard: foreign investment is down by two thirds, from \$6.8 billion in 2010 to \$2.2 billion in 2011. Foreign cash reserves fell from \$36 billion to \$20 billion. Tourism, which provides income to millions, is far below peak levels.

The United States – perhaps inadvertently, perhaps seeking stability above all else – contributed to the problem by propping up the government with a huge aid program. Egypt has received \$30 billion in civilian aid and \$40 billion in military aid since it made peace with Israel at Camp David. But public-opinion research shows that most Egyptians believed that U.S. aid was a

Mercurial dictator Muammar Gaddafi ruled Libya for more than 40 years, and it seemed unlikely to Middle East watchers that he could be toppled by a popular uprising.

But that’s exactly what happened. Sparked by the Tunisian and Egyptian uprisings, and helped by NATO planes that bombed the government’s tanks and artillery, lightly armed rebels managed to overthrow the regime last year.

By October, the rebel forces under the Transitional National Council had seized Tripoli and killed Gaddafi, whose body was put on display and buried in an undisclosed desert location.

Protests began in February 2011 in Benghazi, the eastern coastal city long seen as opposed to Gaddafi’s rule. Ragtag rebels spanned westward, seizing control of coastal cities and oil distribution centers before Gaddafi’s troops answered with superior firepower, retaking much of the coast and threatening to enter Benghazi and exact bloody revenge on the city’s million people.

On March 19, U.S. and other NATO forces began an aerial campaign to stop Gaddafi’s army from entering Benghazi. Seventeen nations participated. The main costs were borne by Britain (\$1.5 billion) and the United States (\$900 million).

Since Gaddafi’s death, ex-rebels have refused to obey the leadership of the new ruling council, and in December, several based in the city of Zintan were accused of trying for the second time to assassinate the army’s new commander, Gen. Khalifa Hifter.

myth, stolen by the government, served American interests or bought Egyptian support for U.S. policies. Others declared that they were ashamed to receive U.S. aid.

Some of that money was lost to corruption or benefited the military’s private business operations. But the aid did help push Egypt forward, meeting various needs of its expanding population. Paved roads and apartment blocks spread across the desert. New buses transported people who were plainly better fed and clothed than in the 1980s. Diesel-powered water pumps replaced donkeys that had turned water wheels to irrigate fields of onions and pepper. Clinics funded by U.S. aid offered family planning, vaccinations and other health care to millions.

But beneath it all, Egypt was the same highly stratified, corrupt and unjust place. One of the best ways to understand Egyptian society is to read “The Yacoubian Building” (Harper, 2004), by Alaa al-Aswany, one of Egypt’s most astute social commentators and journalists. “This country doesn’t belong to us,” one of the novel’s characters

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says after her boyfriend is denied a police officer's job because his father was a janitor. "It belongs to the people who have money." The boy later turns to radical Islam.

Michele Dunne, an Arabic-speaking analyst with the Carnegie Endowment and a former State Department adviser, told a conference at the National Press Club in Washington that the societies and governments of many Arab countries, including Egypt, have gone in separate directions. "The societies were active, vibrant, while the governments were stagnant," Dunne said. "A gap opened up."

Democratic change swept the former communist bloc after the fall of the Berlin Wall, but the Arab world has remained a monolith of authoritarian rule. Kings, presidents for life, dictators, army chiefs and strongmen ruled through secret police and torture.

When I visited Rabat, Algiers, Cairo, Sana'a, Beirut, Amman and Riyadh, I was told – and often believed – that Arabs feared each other and, thus, accepted strong-handed rule. The high birth rate meant millions of unemployed and dissatisfied young men hanging around the cities. Many ordinary people were happy that the secret police kept the youth under control. The greatest fear was that the mob would simply rise up. Of 22 Arab countries, not one had democracy.

The fact that much of the world's oil came from this region made it even easier to go along with the status quo. After 9/11, the worst nightmare for the United States was that al-Qaida might take power in a prominent Arab country. So the U.S. policy was to support the Mubaraks and other undemocratic leaders of the Arab world.

Now that the leadership of several key countries such as Egypt is in doubt, U.S. policy is also up in the air. Will the United States get cooperation and be invited to help stabilize the region as in the past, working with Arab security forces and intelligence in Morocco, Egypt, Yemen, Jordan and Saudi Arabia to defeat terrorists? Will U.S. foreign aid, both military and civilian, be used as a carrot to buy friendship? Can the United States remain influential if the new leaders are hostile to U.S. efforts? These questions will be answered in the coming months and years.

Principal Partner. Egypt has hardly any oil, is far from wealthy, and is surrounded by deserts bordering on unstable or repressive regimes such as Libya, Sudan, Jordan and Saudi Arabia. But it has been an anchor for U.S. efforts to

Some 5,000 Syrians have been killed since the uprising began there in 2011, according to U.S. officials. The movement started with a copycat self-immolation similar to the one in Tunisia that sparked the Arab Spring. That was followed by sporadic protests, until massive demonstrations for democracy began in the city of Daraa last March.

These led to widespread public demonstrations by tens of thousands in many cities – but not in the capital, Damascus, or Aleppo. The government of dictator Bashar al-Assad responded with the use of tanks, artillery, water cannons, and cutting off water and power to rebellious towns.

More than 10,000 people were arrested, and many tortured or killed. Thousands more fled to refugee camps in Lebanon and Turkey, which joined calls for Assad's ouster.

The Damascus government insists that foreign and criminal bands are behind the uprising, and has rejected all calls to step down.

Ironically, Assad was hailed as a modernizer when he took power; he was educated abroad as an eye doctor and was familiar with democratic countries and the Internet. But when the Arab Spring democracy movement arose, his reaction resembled that of his father, Hafez, who killed an estimated 20,000 people to crush an uprising in the city of Hama in 1982.

resolve the Middle East's major conflict: Israel and the Palestinians, long a source of anti-Western sentiment in the wider Muslim world, from Indonesia to Nigeria. Since 1979, Israel and Egypt have been at peace. U.S. and other peace monitors still patrol the Sinai, which remains demilitarized. With the peace, military spending by Israel fell from about 25 percent of its budget to 8 percent. Egyptian spending also declined, especially with U.S. aid paying much of the army's budget. Egypt is a partner in fighting al-Qaida and other terrorist groups. Egyptian soldiers fought alongside U.S. forces in the Gulf War to liberate Kuwait. The Suez Canal remains open to world shipping.

Egypt is also the intellectual heart of the Arab world – a center for publishing, music, film and ideas. It represents a major part of the Sunni Arab world, which these days fears that Iran will build a nuclear weapon and unite Shiites in Iraq, Lebanon, the Gulf states and Saudi Arabia to oppose U.S. and Sunni Arab interests. Since 9/11, the United States has fielded 250,000 troops fighting in Iraq, Afghanistan and Pakistan, and U.S. missiles killed more Muslims in Libya and Yemen. Accusations by extremists and critics that the United

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States is waging a crusade against Islam are easier to reject when you have warm relations with the largest Arab nation.

The revolution in Egypt has raised deep fears for the future. Egypt stands at a precipice of history. The army is refusing to hand over control to anyone – neither the liberal pro-democracy movement nor the entrenched Muslim Brotherhood.

By January, the Muslim Brotherhood and its even more extreme Islamist cousins in the Salafist Party had won an overwhelming majority in elections for a new parliament.

If the army allows this new parliament to have operational power over Egypt, many people fear the Islamists will figure out a way to remain in power permanently, like the Mullahs did in Iran. They fear that Egypt's 8 million Coptic Christians will be forced to flee, that women will be banned from public life, that liberals will be silenced, and that the Camp David peace accord with Israel will be torn up.

Many Egyptians wonder if – despite their boldness and bravery in Tahrir Square – they have traded the demon of Mubarak's stagnation and corruption for the demons of military rule and religious extremism. 🌿

Ben Barber has been a journalist for 30 years. His articles have been published in The Washington Times, USA Today, the London Observer and McClatchy newspapers. His book, "GROUNDTRUTH: The Third World at Work, Play and War," will be published by de.Mo Design in 2012.

Yemen, the poorest Arab country, is where the USS *Cole* was bombed in 2000, killing 17 U.S. sailors, and where a U.S. drone killed American al-Qaida leader Anwar al-Awlaki last year for planning suicide bombings.

Twice the size of Wyoming and perched at the southern tip of the Arabian Peninsula, Yemen is populated by 24 million people. Ali Abdullah Saleh, who ruled for 33 years, was hardly in control even before the uprising began in January 2011. A largely desert country, Yemen had been chopped up by a series of tribal militias, and every man seemed to have an AK-47 slung over his robes.

More than 1,700 died as protests – at first over corruption and jobs but later calling for the ouster of Saleh – spread in the historic capital of Sana'a, Taiz and the southern port city of Aden. Hundreds were killed and wounded as the Hashid and other tribal militias joined defecting army officers and fought gun battles with loyal troops. Student and opposition encampments near Sana'a University came under fire as well. An al-Qaida group seized a town near Aden and resisted government efforts to drive it out.

Saleh at first accepted but then reneged on plans by Gulf Cooperation Council countries to hand over power to new leadership. He was wounded June 3 in a mosque bombing, but returned from treatment in Saudi Arabia to cling to power. Finally, on Nov. 23, he agreed to hand over power to Vice President Abed Rabbo Mansour Hadi but made himself immune from prosecution. His family members still control the security forces.

Elections, a new constitution and the withdrawal of troops from the cities were all promised, but Saleh has failed to deliver.

ROYAL FAMILIES KEEP THEIR GRIP ON POWER

While secular strongmen in Tunisia, Egypt, Libya, Yemen and Syria were overthrown or targeted by the protest movement of 2011, Arab monarchs have thus far remained immune to the uprisings.

Royal families in Saudi Arabia, Jordan, Bahrain, Kuwait and Morocco have managed to pay off dissatisfied elements, stimulate patriotism, and raise traditional and cultural banners, such as the Sunni-vs.-Shiite rivalry, to defend their crowns.

Saudi Arabia's King Abdullah, leader of a mainly Sunni nation, faced down limited unrest that emerged among the Shiite minority along the Gulf coast region. Protests were blamed on Iran and quickly put down.

Bahrain's Sunni royal leader King Hamad bin Isa Al Khalifa faced the greatest threat, as the majority of his country is Shiite, and democratic elections would mean the downfall of the Sunni royal family. He invited Saudi troops to crush the uprising, and has been accused of arresting Shiite doctors who treated wounded protesters.

Kuwait's royal leaders are also under pressure, even though they had pretensions of being more liberal than other Arab governments. Some 90,000 people marched last November to demand political reforms and an end to corruption. In December, the emir, Sheikh Sabah Al Ahmed Al Sabah, dissolved the largely toothless parliament, and new elections were expected. The government also increased salaries to undermine protests.

In February 2011, Jordan's King Abdullah II fired his cabinet and shuffled the government. Although critics said the change was cosmetic, the king was able to defuse a protest movement. Labor strikes and other protests, however, continue to haunt Jordan.

Morocco's King Mohammed VI faced down a protest movement, and conducted elections to allow greater freedom of speech and press than had existed for decades under the monarchy. But the monarchist party won the majority, and it is unclear if any loosening of the royal power grip has taken place.

Attentive Rep Uncovers Masterpieces Worth Thousands



USAA's Casey Marmol asked a 25-year member with only an auto insurance policy how USAA could do more for her. The 66-year-old Colorado widow replied: "Tell me what you can do for an old lady who lives on \$2,000 a month and has lost everything."

After her husband died, she'd lost their family business and retirement savings, and was now relying on a fixed Social Security check of \$2,000 a month to make ends meet. A short sale on her home had even left her homeless for a while.

Widow challenges rep to help

Her challenge wasn't lost on Casey. He inquired about all her financial needs and:

- reviewed her auto insurance coverage and saved her \$22 a month.
- helped her apply for a low variable-rate USAA Bank credit card to replace her high-interest one with another bank.
- suggested that she apply for a Medicare Supplement policy that was more competitive than her current policy.
- suggested that she reduce or eliminate umbrella coverage that provided liability protection for a business she no longer owned.
- guided her through Auto Circle™ and connected her with a local dealer to trade in her big, gas-guzzling Volvo SUV for a smaller, more economical car.

Inquiry reveals art collection worth thousands

Casey then asked the widow, "What do you have set up for savings in case of an emergency?" She replied, "Nothing. I did sell a painting worth \$80,000 below value, for \$50,000, to bail myself out and purchase my home." Recognizing this as a large sum of money for a painting, Casey asked her more questions. Apparently, she and her husband had collected 11 more paintings, including two David Mazures and four Salvador Dalis, oriental rugs, gold coins and stamps.

Upon hearing this, Casey recommended that she:

- appraise each item and add a Valuable Personal Property rider through USAA to her current homeowners policy to make sure her collectibles were adequately insured.
- consider selling some pieces to ease her financial burden and start a savings or retirement fund.



She liked all of his suggestions but was concerned about one. She told Casey that she had put off having the paintings appraised for more than 10 years out of fear that she'd be taken advantage of by the appraisers.

Easing her concern, Casey contacted the Better Business Bureau and found an A-rated appraiser in the area who happened to be a USAA member and was wowed that USAA would go to such lengths to help a member. Casey arranged a conference call with the appraiser and member to set up an appointment for a home visit.

Longevity and loyalty create member trust

"She was fearful and didn't trust others, but trusted us," said Casey. "We took care of her and her husband for years while her husband was alive, so she wanted to stay with us, but her husband had taken care of everything and she needed someone to guide her on what to do."

When the call was over, she was very appreciative, Casey said, telling him, "You couldn't have called at a better time. I knew what I had to do but was afraid." Casey will follow up with the member after the appraisal to see how he can assist her in setting up a savings or retirement plan, and check on the progress of her new coverages.

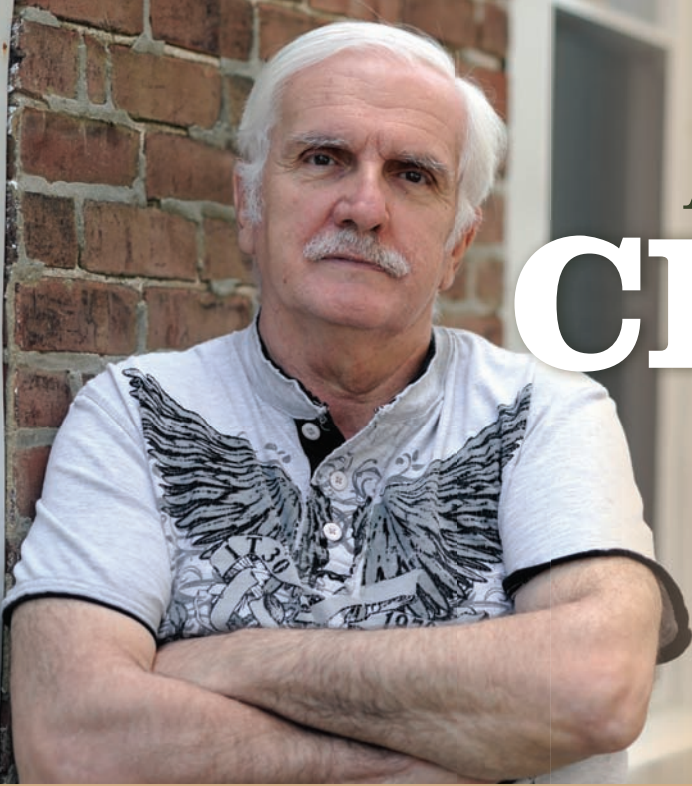
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ALL THEY NEED IS A CHANCE

*Each in different ways,
American Legion programs
aid in the effort to end
veteran homelessness.*

STORY BY ANDY ROMEY

PHOTOS BY AMY C. ELLIOTT

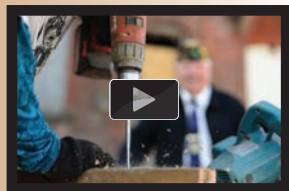
William Harrlod, a resident of the Pennsylvania American Legion's transitional home for veterans in Philadelphia, has been homeless since he suffered a nervous breakdown related to his divorce. "This place is a godsend," he says.

Recent studies from VA and the U.S. Department of Housing and Urban Development (HUD) estimate that about 67,000 veterans are homeless on any given night. Only 8 percent of the U.S. population can claim veteran status, but veterans represent nearly 20 percent of the homeless population.

Statistics on homelessness are often questioned and difficult to nail down. Veteran status can likewise be a challenge to determine. There can be no question, however, of the visual evidence. The homeless man who claims to be a veteran has become a fixture of street corners and underpasses across America. The true magnitude of the problem has been mostly speculative and, therefore, frustrating to address.

Even before thousands of troops began returning from Iraq and Afghanistan, government officials were scrambling to find new solutions to the problem of veteran homelessness. VA and HUD have invested considerably in finding concrete numbers, conducting a separate survey for veterans to supplement HUD's Annual Homeless Assessment Report. VA Secretary Eric Shinseki made headlines three years ago when he announced that he would end veteran homelessness during his tenure. His promise may have seemed impossible to fulfill, given that the problem could not really be quantified, but progress toward his goal appears to have been made. HUD and VA report that about 9,000 veterans left the streets in 2010.

Before and since Shinseki's pledge, The American Legion has been on the front lines in the fight to eradicate veteran homelessness. In Connecticut, New Jersey and Pennsylvania, Legion-backed housing projects are giving veterans shelter, employment resources and, most importantly, a second chance at life.



Watch video
of some of
The American
Legion's efforts to
end homelessness
among veterans.

 [www.legion.org/
magazine](http://www.legion.org/magazine)

American Legion Veterans Housing

One day in 2003, Navy veteran Bill Czmyr was sitting at a diner in the quiet town of Jewett City, Conn. Another patron asked him if he and the other Legionnaires at LaFlamme-Kusek Post 15 had any plans to use the empty top floor of their building. Czmyr thought for a moment and replied that they might look into converting the space into apartments for homeless veterans.

Nearly a decade later, that idea is the foundation of American Legion Veterans Housing, Inc. (ALVHI), a \$5.2 million housing project with the support of Congress and experts who think it could become a national model. Scheduled to be completed this spring, the facility will have 18 apartments for homeless veterans in Post 15's upstairs space and a four-floor building on adjacent property.

"When I started this, I said, 'Well, it's a shot in the dark,' but right now, we're under construction," says Czmyr, who spent years talking to contractors, architects, and local people who volunteered their time and expertise. Word of the project made it to state legislators, and soon, Czmyr was talking with VA representatives. They liked the idea.

His fledgling nonprofit corporation gained the support of others with influence, including Rep. Joe Courtney, D-Conn., who signed off on a \$200,000 earmark for the project.

"That was what really kicked this program forward," Czmyr says. "Other contributions started rolling in."

Following Courtney's lead, the Connecticut Housing Finance Authority pledged \$3.8 million, and the state's Department of Economic and Community Development gave \$500,000. Czmyr and his allies annexed property adjacent to the post to construct a separate but connected housing complex with 10 additional apartments.

Homeless housing facilities usually offer only temporary lodging, giving residents a limited amount of time to get back on their feet and move out. The Jewett City project aims to house homeless veterans as long as they need assistance. VA will pay rent for each apartment, using each resident's \$875 housing stipend. And the post has committed \$760,000 from its own fundraising to provide amenities and incidentals for each room. Other services will include therapeutic

counseling, career advice and financial management.

"We don't know if any of these people have ever even had a checkbook," Czmyr says. "Any type of counseling they need to get back into the mainstream, they will receive."

By campaigning for support throughout Jewett City and the state, Czmyr has gained the trust and confidence of the 10 members of ALVHI, who have met weekly with him since the first donation dollars came in.

"Bill's got a smooth way about him," ALVHI Vice President Carl Brown says. "He doesn't push. There's no pressure. He says, 'This is what I need, and this is what needs to be done.' And it always ends up getting done."

Czmyr says he feels a personal connection to the project. "I grew up on a farm where, when the wood stove went out, it was just as cold inside as it was outside," he says. "And I said, 'People who are living out there have to be freezing.' I just knew that if there was an opportunity to help them, I was going to accomplish that."

 al-veteranshousing.org



Bill Czmyr of La-Flamme Kusek Post 15 in Jewett City, Conn., founded American Legion Veterans Housing, a \$5.2 million project that some believe can serve as a national model.



Past New Jersey Department Commander Bob Looby led the state's Legion family in raising \$165,000 to furnish a center for homeless veterans.

Veterans Haven

VA Secretary Eric Shinseki's vow to end veteran homelessness wasn't just an administrative goal. It was a request for communities everywhere to realize an epidemic and help end it, as thanks to those who once served in the armed forces.

Members of New Jersey's American Legion family heeded that call to action, pumping financial life into a construction project at a state homeless veterans center that was threatened by swelling costs. Bob Looby made Veterans Haven – located in Winslow – a top priority during his 2010-2011 term as department commander.

When he learned that Veterans Haven's new 44-apartment housing wing faced expenses it couldn't meet – about \$88,000 was needed to furnish the apartments and account for amenities before it could open – Looby urged posts, squadrons and units in the state to each donate \$2,000 to cover the expenses of a single apartment. A plaque outside each apartment's door would honor donors.

"It grew from bedrooms to us furnishing every piece of furniture in the building," Looby says. "I talked about it on every official visit I took to every county in the state."

By the Oct. 27, 2011, ribbon-cutting ceremony, the state's Legion family had raised \$165,000, making it possible to add computers, recreation equipment and additional appliances to the facility.

"The American Legion stepped up hugely," says Sean Van Lew, Veterans Haven superintendent. "When we began construction, a lot of the money we had set aside for amenities

and furniture in rooms was consumed in the construction process.

"With that money from the Legion, we are able to purchase brand-new bedroom furniture for all 44 rooms, computers and computer accessories for our computer room, new office furniture, and equipment for the conference center."

A resident at Veterans Haven commits to a long-term program that includes finding employment and becoming a productive member of society. A 24-hour professional staff with expertise in health care and career placement assists in that goal.

"We've had guys who we just got jobs flipping burgers down the street at Checkers," Van Lew says. "Next thing you know, they're regional managers there."

For veterans housed there, getting back on their feet usually begins with some form of recovery, because many have substance-abuse problems, Van Lew says. Eventually, as they find employment, they're given more responsibilities, such as paying some rent and maintaining a savings account.

Van Lew says the system is proven, and has about a 75-percent success rate. "Most of these guys, all they need is a chance," he says.

The Legion family's \$165,000 donation may be the largest monetary amount raised by a veterans service organization for a government project in New Jersey, Looby says.

"I think homelessness among veterans is something that is always on the minds of all veterans, especially of the Vietnam era. It's at a crisis level now."

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Housing for Homeless Veterans Corp.

In 1988, The American Legion Department of Pennsylvania bought four townhouses in Allegheny County, in the southwestern corner of the state, and opened them to homeless veterans. The goal: provide struggling veterans with a safe, clean and stable environment so they can get back on their feet.

Since then, about 700 veterans have gone through the Housing for Homeless Veterans program, of which 85 percent have gone on to become productive members of society.

“Veterans are premier citizens of this nation, and it’s our obligation to make sure they are being taken care of, especially our less fortunate veterans,” says Richard Coccimiglio, the program’s director of outreach and employment. “Our American Legion is there to grab the hand of that fallen soldier and make sure we give him a respectable place within our society.”

Residents must clean, cook and maintain the townhouses’ common areas. The Legion charges each a small rent fee, and covers utilities and basic upkeep for all six homes (the program expanded in the mid-’90s to include houses in Philadelphia and Ephrata).

The veterans who stay there – men and women, some with children – adhere to a



Richard Coccimiglio, director of outreach and employment for Housing for Homeless Veterans, says Legionnaires are obligated to help struggling comrades.

strict, no-nonsense policy that requires them to abstain from substances and get along with other residents. They’re given two years to secure decent employment and move out.

Structure is what they need, says Lonnie Bowen Jr., who was homeless off and on for nearly 20 years before he moved into the Legion’s Philadelphia home. Post-traumatic stress from the Vietnam War and a car accident cost him his job and family in 1988. He turned to the streets.

“I was so depressed that I just stepped away from society,” Bowen says. “I couldn’t be around anybody. I couldn’t trust people.”

He developed a dual-personality disorder and has parts of his life he says he doesn’t remember. He recalls waking up in distant cities and not knowing how he got there.

Living in the Philadelphia home has been a godsend for Bowen. He says it’s given him direction and a chance to volunteer in the community. He’s even returned to writing.

“This place has given me the opportunity to understand me as a person,” he says. “I realize I never really understood myself.”

Seeing the turnaround of Bowen and others has only deepened Coccimiglio’s commitment to the program.

“The gratification we get is when we do succeed, when we get one who is moving on and doing better than what they came into the home with,” Coccimiglio says. “When we see that happen, we don’t need a pat on the back.” 🌿

Andy Romey is assistant web editor for The American Legion.



Vietnam War veteran Lonnie Bowen Jr. moved into the Philadelphia home after 20 years of on-and-off homelessness. He says the Housing for Homeless Veterans program has turned his life around.

🌐 www.pa-legion.com, click on “Programs,” then “Housing for Homeless Veterans”



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Father was flying with the U.S. Navy in the Pacific.
Grandfather was fighting the Germans in North Africa.
Great-grandfather was on Mount Rushmore. It was 1942
when into this line of iconic American men was born
Theodore Roosevelt IV. Like those who came before him,
he studied at Harvard, served his country in combat, traveled
the world, distinguished himself in business, got involved
with government and, true story, carried a big stick.
He recently spoke with The American Legion Magazine.

***Your family is known for living the
"strenuous life." How do you define that?***

The strenuous-life concept is very simple and direct: live life to the fullest, be engaged physically and mentally, and don't be a slacker.

Does it come with being a Roosevelt?

You're not expected to live up to the, quote, family name, but you are expected to do the very best that you can in whatever field you choose.

How was it imparted to you growing up?

It was my parents, my mother in particular. I was to stand on my own two feet and wasn't going to get a whole lot of support. When I was young, for example, most of my friends were getting allowances. I was told that if I wanted to get an allowance, I had to do something for it.

My mother suggested that since we had a lot of muskrats on the farm, and they were

creating a nuisance, my job would be to catch them. I would be paid by the local fur dealer for each pelt. That was my allowance. I had to learn how to trap muskrats, and I had to learn how to skin them. And guess who taught me how to skin them – my mother. She was a tough lady.

It was a lineage that, amongst other things, had an intense interest in the out-of-doors. Growing up on the farm, I would be as happy catching salamanders, snakes, turtles and crawfish as I would be playing soccer with friends. Some kids grow out of this. I never did. I still love the out-of-doors. It's a very important part of who and what I am today.

Your grandfather and great-grandfather are prominent figures in history. What about your father, Theodore Roosevelt III?

For a while, he went into politics in Pennsylvania, where he was secretary of commerce, but he didn't really like politics. He didn't like being separated from his family.

Photo by Amy C. Elliott

The Strenuous Life

*The Roosevelt philosophy
has produced war
heroes, business
leaders, public
servants, the
26th U.S. president
and an American
Legion founder.
Theodore Roosevelt IV
explains what it means
and how it shaped him.*

BY JEFF STOFFER



THEODORE ROOSEVELT

- U.S. president, 1901-1909
- Governor of New York, 1899-1900
- Assistant secretary of the Navy, 1897-1898



He loved my mother deeply, and he loved the outdoors. He and I used to spend a fair amount of time bird-shooting. I never could understand how he could hit a bird because he was right-handed but left-eyed. Somehow or another, he was a pretty fine field shot.

He grew up the son of Theodore Roosevelt Jr., a founder of The American Legion, a grandfather you never really knew.

THEODORE ROOSEVELT JR.

- Brigadier general in the U.S. Army, Medal of Honor recipient for actions on D-Day
- Chairman of the board of American Express, vice president of Doubleday Books



I never met him. I was born in 1942. Grandfather had already left for North Africa. There were letters saying he was looking forward to coming back and playing with "T4." That's what they called me. I never met him, but I feel that I knew him through his widow, my grandmother. The stories she would tell about him, his sense of humor, his sense of working very hard to do things he believed were patriotic.

THEODORE ROOSEVELT III

- World War II Navy aviator in the Pacific
- Pennsylvania secretary of commerce, 1949-1951
- President of Competitive Enterprise System, Inc.



Few people realize he was actually the territorial governor of Puerto Rico and the Philippines, and ran for governor of New York.

He saved the banks in Puerto Rico. He wrote out a personal check. Otherwise, they might have gone bankrupt. He ran for governor of New York and lost to Al Smith, and he was a state assemblyman.

THEODORE ROOSEVELT IV

- Managing director, Barclays Capital Corp.
- Retired lieutenant commander, U.S. Navy Reserve, former Basic Underwater Demolition/SEAL team member, Vietnam War
- Conservationist
- Former State Department foreign service officer



Photo by Amy C. Elliott



THEODORE ROOSEVELT V

- Director, Golden Tree Asset Management
- Board of Directors, ecoAmerica
- Committee member, New York League of Conservation Voters
- Competitor in international Iron Man racing events

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countless older Americans are discovering the wonderful world of the Internet every

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— Johnnie E., Ellijay, Ga

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Like others in your family, you found your way to remote foreign lands after Harvard. How did the strenuous-life philosophy serve you at that time?

When I was living in Ouagadougou – you can look it up and tell me what country it is in* – at one point I was the youngest officer in the American embassy, and I was sent to go to a Red Cross dance about 25 miles from the capital. It was during the rainy season, and the embassy chauffeur was a guy called Yakouba. Yakouba was big, burly and strong, and, I thought, utterly fearless.

We were driving along, and we saw a big branch across the road. As we got closer, it slid off the road. I jumped out, and Yakouba said, “*Non, non, monsieur! C’est un serpent! C’est un serpent!*”

* The former Upper Volta, a small landlocked African nation later renamed Burkina Faso.

I followed it into the bushes, finally got it, and it was a 10- or 11-foot python. I managed to bring it to the car. When I got in, Yakouba took off like a bat out of hell, with his head out of the window, shouting, “*Rapidement, rapidement, j’ai un serpent derrier moi!*” (“Quickly, quickly, I have a snake behind me!”) Because it was the rainy season, they had to protect the roads and control truck traffic with barriers. Yakouba was yelling through the window, and these guardians of the road barriers ran to open them for us. We shot right through. Meantime, the snake had wrapped around my arm to such an extent that I lost feeling in my hand. So I turned to my date and said, “Lucy, could you unwrap the snake from my hand?” She unwrapped part of it, but I had to hold its head so it wouldn’t bite her.

In addition to foreign adventures, you followed in your forefathers’ military footsteps.

There was a very strong tradition. My father had been in the Navy. My grandfather had been in the Army. I was torn. I really wanted to serve on a destroyer until a good friend of mine said, “Ted, what you really want to do is go to Basic Underwater Demolition school (BUD/S).”

When I read about it, and what you did afterward, I said, “That’s for me.” I loved the physical challenge. The officers were virtually indistinguishable from the enlisted men. Sure, we had rank, but officers did everything that the enlisted men did.

Did they get after you because of your name?

It didn’t matter at all, except in one funny way. One of my very good friends, a fellow officer, said one day while we were driving, “TR, I don’t know much about American history, but you’re golden.”

I said, “What do you mean, I’m golden?”

He said, “The instructors are going to pimp you because of your name. You’ve got to be ready for it.”

As the words came out of his mouth, he hit the brakes and says, “There it is, for God’s sakes!”

He gets out of the car, goes into someone’s backyard, and there’s an old dead tree. He wrestles around, pulls the tree up, dirt falling off the roots. He says, “Don’t look at me like an idiot – open up the sunroof!” He puts this tree in the car and says, “Don’t you get it?”

I said, “No. What in the hell is that for? You just stole somebody’s tree.”

He said, “That’s your big stick.”

It was a stroke of genius. Sure enough, on our first day, we’re all in our starch greens, our boots are spit-polished, and Olivera – a legendary instructor – who was shorter than I was but could look at me down his nose, called my name. “Roosevelt! Where is your big stick?”

“In the locker!”

“Show up tomorrow with it. In the bay!”

So I had to go in the bay, undoing all my starch and the spit polish on my boots. The next day, I show up with this wonderful stick. Olivera comes up, looks at it and says, “Not bad.” And he goes on to the next guy.

So that’s how it arguably worked to my advantage. Then I had to run everywhere on the base with it. Finally, one of the other instructors told Olivera, “You know, you’re making him work harder than everybody else. Don’t you think you can lay off him?” I had to keep my stick, but I didn’t have to run with it anymore.

You went on to do two tours in Vietnam, but I suppose what you did was secret.

It’s not classified, but it’s not all that interesting to talk about – ’65 through ’67.

How did your time in the Navy influence you?

There are a couple of things. One is that I learned about, and got an immense amount of respect for, the enlisted men. They were

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smart, and they were wise in their ways. As a junior officer, which is what I was, you don't know anything. Second, that program is physically and mentally so hard, you learn quickly that if you set your mind to doing something, you can get a lot done.

At Barclays Capital, where you are an investment banker, you are actively involved in a veteran hiring initiative. Can you explain the program?

We recognize that veterans in business school often possess structural skills that make them superior bankers. Integrity. Honor. They work well under pressure. They understood the importance of teamwork. Learning to become a banker is pretty simple. These other skills are much more basic, and much more important.

Our program really has three pillars.

One, we want to make the public aware of what veterans and ex-military service people have done for us and be thankful for that.

Secondly, we want to do what we can, working through ourselves and others, to increase employment opportunities for the military across the board.

Thirdly, where we can, we want to use scarce dollars in philanthropy to help specific projects and show support.

I have two colleagues in the United States – neither of whom served in the military – and one of them has adopted a brigade. When the brigade was shipped over, they had all the tools they needed but didn't have bits for their drills. So he went down to the hardware store and bought a gross of every kind of bit you could imagine and shipped them over there. It would have taken six months to go through normal procurement. Another Barclays banker has joined a program run by an ex-Navy captain, and they operate a school for people who want to go through the BUD/SEAL program. When these guys go to BUD/S after this training, they have a 70-percent graduation rate. With our corporate partners, we have something like 54 people, including our CEO, Bob Diamond, mentoring veterans.

Your grandfather had a similar passion, to help veterans after discharge.

When I see an American Legion post, I hold my head a little higher because of

what he did. I am very proud of that. It was a great thing, and it was a recognition on his part and some of his close friends – in some cases enlisted men, in some cases officers – who had this common vision.

What about your grandfather's personality do you think shaped The American Legion?

He was not a spit-and-polish person. He spent most of his time on the front lines with the enlisted men. How he wasn't killed earlier in World War II, as a general and an obvious target, is remarkable.

He was the first general ashore on D-Day.

He wanted to be with his troops. He felt he could steady them. And he felt very strongly that leadership comes from the front, not the rear. That was what he believed in.

Why do you think he resisted nomination to serve as the first national commander?

There is no question that he would have been elected. You read about the scene in St. Louis, when people begged him to be the first national commander. They shouted, "Teddy! Teddy!" He refused to accept it because he wanted to go on into politics, and he thought that would be a horrible conflict. He did not want to even have the perception that The American Legion was politicized. It had a very clear purpose, and it was not to further anyone's political career, and it was not going to become a political entity.

Some people have urged you to go into politics, most recently to run for the U.S. Senate, but you declined.

I have chosen not to go into politics, but I am conflicted about that. I do feel a sense of obligation to perform public service, but I am at the same time distressed by the lack of civil discourse in American politics today. We don't listen to each other. We've lost our sense of social capital, the ability to come together and do great things. That's what built America. I would be interested to know what my grandfather, or my great-grandfather, would think about it today. Perhaps they would be a little dismayed by how dysfunctional politics have become. 🌿

Jeff Stoffer is editor of The American Legion Magazine.

\$30 Billion in Bankruptcy Trust Funds were set aside for victims of Lung Cancer and Mesothelioma

\$30 Billion in corporate Bankruptcy Trust Funds have been set aside to help Lung Cancer and Mesothelioma victims and their families. The law firm of Weitz & Luxenberg can quickly determine whether you may be eligible. We have already recovered millions of dollars from these Funds for victims like you.

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The Boogeyman's Castle

American Legion program gives recovering troops a chance to decompress, see Germany's sites.



STORIES AND PHOTOS BY JOHN RAUGHTER

The Berwartstein Castle is a medieval fortress dating back to the 12th century. Robber barons who went by the name of von Berwartstein used the castle as a base, and according to legends, terrified villagers called the leader of their crooked clan the "Boogeyman."

The castle is one of many destinations that chaplains at Landstuhl Regional Medical Center (LRMC) utilize to help wounded warriors escape the confines of the hospital grounds and nearby barracks.



"Even though I was on the fence about going, I had a great time. It was good talking to the other soldiers on the trip and on the ride home. The chaplain's office takes really good care of us."

— Army Staff Sgt. Ken Wood

"By talking to chaplains or behavioral health specialists, it gives them a chance to defuse," says Maj. David Kirk, an Army chaplain. "They are out of the theater of war. They are in a safe place here with us. These trips offer them an opportunity to talk to a chaplain or each other. Some reconnect with their religion, even though we don't ever force it on them. They visit places like the Rhine River, castles and caves. You can see the change in them as they go from being really tight and tense in the morning to being more relaxed in the afternoons. It's very encouraging."

Many of the patients flown to Landstuhl come from "down range," meaning Afghanistan and Iraq. Others are recovering from injuries or illnesses incurred outside the war zones. Wherever they come from, a trip to the infamous "Boogeyman" Castle in Germany's Palatinate Forest is an opportunity for American heroes to forget – at least for a short time – the horrors of war and the pressures of deployment.

Funded in part by The American Legion's Operation Comfort Warriors (OCW) program, frequent cultural retreats such as these are organized by LRMC's Pastoral Division.

"These trips help people regain their situational awareness," says Cmdr. Manuel Mak, a Navy chaplain. "They may be here physically, but emotionally, many are still down range. Trips to some of these cultural and historical sites provide the opportunity for servicemembers to de-stress before reaching a crisis point."

Some of the destinations offer life lessons, as Mak demonstrated during a stop at a field of intimidating steel anti-tank barriers built by the Germans during World War II near the Maginot Line. "These tank traps are also known as 'dragon's teeth,'" Mak told the wounded warriors. "They were supposed to stop these iron behemoths from crossing the line. But the Allied tanks overcame them fairly easily. Do you know how? They simply put dirt on top and rolled over them. Now think about the obstacles that you have had to face and ways that you can overcome and adapt."

Most patients treated at LRMC are transferred back to their original units, to stateside medical



German anti-tank barriers near the Maginot Line remind wounded warriors that physical obstacles can be overcome.

facilities or home within two weeks of arrival. Because of the shortness of their stays, most of the wounded warriors are only recent acquaintances who have had little time to bond with each other. Yet after a day of exploring castles and countryside, the chatter among comrades increases noticeably as stories from Afghanistan, Iraq and other military hot spots dominate discussion on the ride home.

"I never trusted those TCNs (third-country nationals) driving those buses in Afghanistan," says one vet, referring to the threat posed by suicide bombers.

"I walked a lot," a Marine from down range quickly adds.

Somewhat weary by the end of the day, the troops of Landstuhl's Medical Transient Detachment offer positive reviews of their day out.

"I was a little skeptical about getting up and coming this morning," says Staff Sgt. Ken Wood, an Army reservist from Quincy, Mass. "But even though I was on the fence about going, I had a great time. It was good talking to the other soldiers on the trip and on the ride home. The chaplain's office takes really good care of us, and this trip was definitely worthwhile."

Wood is being treated for blood clots that he believes could be the result of deep-vein thrombosis, possibly caused by bouncing around in convoys while in Afghanistan. Like most at Landstuhl, he is eager to return to his unit and from there to his hometown, where he is employed as a police officer.

"We had my going-away party at my American Legion post, Post 382," Wood says. "My father has been a member, and I never looked back from joining. They have been extremely supportive of my family, my wife and three kids." 🍷

John Raughter is director of communications for The American Legion.



Members of the Warrior Transition Battalion at Joint Base Lewis-McChord receive retail gift cards through OCW. Scott Spiker

Operation Comfort Warriors ‘more important than ever’

Through its Operation Comfort Warriors (OCW) program, The American Legion has helped thousands of wounded warriors and their families by providing gifts and recreational outings not covered by the government. Originally dubbed “Operation Landstuhl” by then-National Commander Paul Morin in 2007, the program now supports any U.S. military hospital, warrior transition unit or individual wounded warrior in need of assistance.

In just five years, The American Legion family has raised more than \$1.3 million to support U.S. wounded warriors worldwide. Items purchased include:

- Television sets for rooms in LRMC’s wounded-warrior barracks, pool tables and other games, hundreds of long-distance calling cards and duffel bags;
- Retail gift cards and recumbent bicycles for wounded warriors at Joint Base Lewis-McChord in Washington, and four golf carts to transport soldiers from the barracks to medical appointments;
- Cameras and lenses for a photography club at the wounded-warrior barracks at Marine Corps Base Camp Pendleton in California;
- Trips to Six Flags Fiesta Texas in San Antonio for wounded warriors and their families;
- Sponsorship of a wounded warriors fishing tournament near Fort Hood, Texas;
- Video games and sweatsuits for patients at Walter Reed National Military Medical Center in Bethesda, Md.;
- DVDs, CDs and electronics for the active-duty rehabilitation unit at Norwood VA Medical Center in Augusta, Ga., and adaptive sports equipment for wounded warriors at Fort Gordon, Ga.;
- DVDs and DVD players for wounded warriors at Fort Riley, Kan.;
- Hoodies and sweatpants for troops at Fort Campbell and Fort Knox, Ky.;
- Fishing equipment, canoes and musical instruments for Marine Corps Wounded Warrior Regiment East; and

You can help OCW

Contributors are encouraged to send checks, made payable to OCW, to **Operation Comfort Warriors, The American Legion, P.O. Box 1055, Indianapolis, IN 46206**

To donate online: www.legion.org/ocw

Watch video of the Operation Comfort Warriors distribution at Joint Base Lewis-McChord:

www.legion.org/legiontv

- Electronics for patients at Balboa Naval Hospital in San Diego.

OCW received Americans’ widespread support when it finished first in Pepsi’s “Refresh Everything Project” in February 2010. Internet voters selected OCW first over 729 competing charities, awarding the program \$250,000.

The Legion put the Pepsi grant to use within the 12 months required by the company. “That money was spent directly on wounded warriors in military hospitals and transition units across the country and overseas,” National Commander Fang Wong says. “Although that money was well spent, it is now gone, so it is more important than ever to support Operation Comfort Warriors. Because all of the administrative and marketing costs for OCW are paid by the National Headquarters budget, every penny of donated money goes directly to purchasing comfort items and gifts for America’s troops. This won’t make them entirely whole again, but it will show them that The American Legion family cares deeply about their service and their sacrifice.”

Because many U.S. military medical centers are not equipped to store large quantities of care packages, monetary donations to OCW are strongly preferred and offer the most flexibility in obtaining the items that are most needed.

Public lines up for new low-cost appliance that slashes heat bills

Amish craftsmen vow to keep up with rush for brand-new Hybrid-Thermic 'Miracle Heater' that uses about the same energy as a coffee maker per hour, so just plug it in and never be cold again

(UMS) - Everyone hates high heat bills. But we're all sick of turning the thermostat down and freezing our buns off.

That's why Sears hit a home-run with the first-ever low-cost appliance with Hybrid-Thermic™ heat technology, which no other heater can claim.

The brand-new L.E.D. Heat Surge HT sips so little energy, you can run it for a full 12-hour day or a night for just about a buck.

This modern marvel, hailed as the zone heating 'Miracle Heater,' caused such a frenzy at Sears stores with none in stock, one shopper refused to leave, forcing managers to hand over the floor model.

So now, immediate action is being taken to give more people, more ways to get them.

Beginning at 8:30 a.m. today, readers are allowed to phone in to snag one. Heat Surge even posted a 7-Day Double Coupon which has been reprinted on this page for today's readers to use.

By using this coupon, everyone who calls is being rewarded with \$227. That makes this remarkable new home appliance a real steal at just \$299. Since this is a Double Coupon Deal, it not only gives you an extraordinary discount, but also entitles you to free shipping and handling, totaling \$227 off. So now everyone has a fair shot at getting one.

"The Heat Surge HT is a revolutionary appliance that can easily roll from room to room. But we didn't want it to look like some metal box that just sits there. So we turned to our Amish craftsmen and now each one is made to look like a sleek, slim fireplace that has no real flames and is totally safe to the touch. All you do is just plug it in," said Director of Technology, Dave Martin.

A shy but now famous Amish craftsman known as Melvin said, "Folks know about our quality. No particle board, just real wood. Fully-assembled by our own hands and we're making these cabinets right here in the good

ole USA."

And according to an avalanche of Heat Surge consumer reviews the company has good reason to boast an overwhelming **CONSUMER 'BEST BUY'.**

"Folks are saving money by zone heating with the new Heat Surge HT," said Kris Rumel, the analyst tracking the impact Heat Surge is having on consumer heat bills.

"But be aware of the fakes out there. Accept no imitations. If it does not have the Heat Surge name on it, it is not real Amish and it's not Hybrid-Thermic™. I repeat, if it does not say 'Heat Surge,' you are getting ripped off," Rumel said.

The Heat Surge HT has earned the coveted UL certification and is protected by a limited full year replacement and 30-day Satisfaction Guarantee.

So for readers hoping to get the new Heat Surge for themselves and take care of gifts, there is good news.

You can use the Double Coupon more than once. But there is a catch. You can only get away with it by calling the National Appliance Center at 1-866-300-4633 before the coupon expires seven days from the date of today's publication. ■



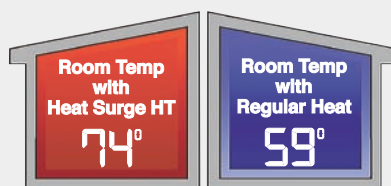
■ **GOTTA HAVE ONE:** An eager crowd awaits the new Heat Surge HT. "I heard so much about the Amish Miracle Heater but couldn't find where to get one," said Mary Straughn. Readers can now call the National Appliance Center at 1-866-300-4633 to use the extraordinary Double Coupon that gets you free delivery.

How It Works: You get 74° of bone-soothing room heat even when the home thermostat is turned down to 59° with the first-ever Heat Surge HT



The revolutionary Heat Surge HT is the first-ever appliance with Hybrid-Thermic™ technology, an engineering genius so advanced, it actually uses a micro-furnace from the Coast of China and a thermal heat exchanger to perform its miracles. Together, this Hybrid-Thermic heat takes care of all the cold spots. In fact, it actually produces Ortho-Thermic™, bone-soothing heat.

This modern marvel saves you money based on a U.S. average that says it uses only about 9¢ of energy an hour on the standard setting. But surprise, it's not just a metal box that belongs in a basement. The portable Heat Surge HT comes installed in a Amish-built wood cabinet made in the heartland of Ohio, measuring just 25" high, 18" wide, and 12" deep. It has the ambiance of a real fireplace, but it has no real flames and it's safe to the touch. It's so safe it's where the kids will play and the dog and cat will sleep. When it arrives, just plug it in.



■ **BLANKET FREE COMFORT:** "We just couldn't take another winter of always being cold. And we also got one for the kids to help them with their heat bills," Julia White said.

■ **JUST 7 DAYS REMAIN:** An extraordinary \$227.00 Double Coupon Deal has been authorized for today's readers. To use the \$227.00 coupon and get the Heat Surge HT for just \$299 (plus applicable sales tax in OH & FL), you must call the National Appliance Center at 1-866-300-4633. Because it's a Double Coupon, it entitles you to FREE Shipping and Handling, but only for those that beat the deadline.

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Legion brings hometown support to overseas warriors

Wounded warriors and other U.S. military personnel in Germany don't have to return to the United States to connect with The American Legion. Post GR01 in Kaiserslautern, Germany, teaches veterans about "die vier säulen," or the four pillars, from its home at the Rhine Ordnance Barracks, about half an hour from Landstuhl Regional Medical Center.

"We host wounded warrior dinners and have held barbecues at the MTD (Medical Transient Detachment)," Post Commander Robert Gray says. "We do everything we can to support the servicemembers

THE LEGION ABROAD

Read more about Post GR01 and the Department of France online.

 www.amerlegiondeptfrance.org

stationed here. The German culture is great, but it's important to have little reminders of home. We try to provide that link."

With nearly 125 members, Post GR01 is constantly recruiting because of the challenges that military rotations pose in obtaining renewals. "Active military make up approximately 40 percent of our membership," says Second Vice Commander Michael Young, who adds that the post coordinates POW/MIA ceremonies at nearby Ramstein Air Base, donates to the Special Olympics, participates in ROTC banquets, and presents academic and military achievement awards. Post officers also accompany the Legion's national commander during annual visits to wounded warriors at Landstuhl.

Although they're overseas, the men and women of GR01 say they are proud to be "noch dienen" – still serving – America.



TOP: Because of its proximity to major U.S. military installations, American Legion Post GR01 in Kaiserslautern has a unique opportunity to reach out to young veterans.

ABOVE: The home of Post GR01.

LEFT: At Post GR01, Commander Robert Gray, left, and Second Vice Commander Michael Young, right, welcome new members.

Photos by John Raughter

REVEALED: Massive Hoard Makes Silver Dollar History

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American Entrepreneur Sells off Silver Fortune

When miners found silver in Virginia City in 1857, they knew they'd struck the mother lode. For the next twenty years, silver flowed faster than water out of the Nevada desert. It was a Wild West bonanza. After years of frenzied mining, the vein began to dry up and the town slowly died with it. It seemed like there was no more silver to be found in those hills.

Until I got a call from a Wild West friend.

He was sitting on a collection of silver coins, minted just after silver was found in Virginia City. With the silver market as strong as it is, he decided that it was time to sell off his collection. We had hit the mother lode again.

A 'few bags' become *thirty!*

To call my friend a coin collector is an understatement. When he said he had a few 1000-coin bags of silver coins I was interested. When those silver coins turned out to be New Orleans Mint Morgan Silver Dollars from the 1880's I was intrigued. And when those few bags turned out to be thirty, I was astounded. My buddy wasn't sitting on a collection, he had a hoard!

For a man who loves only the best things in life, I guess I shouldn't have been so surprised.

One of the largest Silver Dollar hoards in decades

For serious numismatists, hoards can come around once in a lifetime. Silver hoards are enormous collections of coins that have been stored away, often secretly, for safekeeping. With silver prices steadily rising over the past few years, many silver hoards have been sold off.

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Morgan Dollars are some of the most coveted coins on the market today. And with the hot silver market, most dealers cannot keep Morgan Dollars around for long. Due to this heavy demand, especially for the finest quality pieces, the price



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"In America, there are a lot of opportunities, and a lot of directions people can go in to get themselves out of unfortunate or unexpected situations. There are so many different paths we can take. Here, if you don't make it in one place, you don't have to end there. I think that's the beautiful thing about America."

J.R. Martinez

Actor, motivational speaker and Army veteran

On April 5, 2003 – barely a month after he'd deployed to Iraq – Jose Rene "J.R." Martinez's Humvee hit a land mine. The soldier suffered severe burns to more than 40 percent of his body, and has undergone 33 different surgeries, including skin grafts and cosmetic surgery. During his recovery, he encouraged other burn patients and decided to use his experience to help others.

Martinez has become a highly sought motivational speaker, sharing his message of optimism with groups across the country. In 2008, he was cast as combat veteran Brot Monroe on the ABC soap opera "All My Children," and turned his three-month story arc into a three-year stint. In December, Martinez and dance partner Karina Smirnoff won ABC's 13th season of "Dancing With the Stars."

Photo courtesy Cynthia Snyder Public Relations

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"Well, I finally did it. I finally decided to enter the digital age and get a cell phone. My kids have been bugging me, my book group made fun of me, and the last straw was when my car broke down, and I was stuck by the highway for an hour before someone stopped to help. But when I went to the cell phone store, I almost changed my mind. The phones are so small I can't see the numbers, much less push the right one. They all have cameras, computers and a "global-positioning" something or other that's supposed to spot me from space. Goodness, all I want to do is to be able to talk to my grandkids! The people at the store weren't much help. They couldn't understand why someone wouldn't want a phone the size of a postage stamp. And the rate plans! They were complicated, confusing, and expensive...and the contract lasted for two years! I'd almost given up until a friend told me about her new Jitterbug® phone. **Now, I have the convenience and safety of being able to stay in touch...with a phone I can actually use.**"

Sometimes I think the people who designed this phone and the rate plans had me in mind. The phone fits easily into my pocket, and flips open to reach from my mouth to my ear. The display is large and backlit, so I can actually see who is calling. With a push of a button I can amplify the volume, and if I don't know a number, I can simply push "0" for a friendly, helpful operator that will look it up and even dial it for me. The Jitterbug also reduces background noise, making the sound loud and clear. There's even a dial tone, so I know the phone is ready to use.



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[SPORTS]

BULL AT THE GATE

Marine Corps veteran and wheelchair athlete Jerry Baylor doesn't know how to quit.

BY BOB FRYE

If ever a nickname fit a man, it's Jerry Baylor's: "Bull."

It fit him on the Marine Corps football team in 1968, when he was a pugnacious offensive and defensive lineman. It fit him in Vietnam, when he was a rugged clearer of minefields and builder of roads in D Company, 7th Engineer Battalion. It fit him back home, where he was a power lifter of local fame getting the rear ends of cars off the ground.

And it fit him when, in 1980, he awoke in the hospital after a car with faulty brakes ran a red light and hit his motorcycle.

"When the woman ran me over, I ended up clear back under the driver's door, but I didn't even know I was hurt," says Baylor, who lives in Leechburg, Pa. "My clothes weren't ripped. There wasn't a mark on me. I thought I was just pinned under the bike."

In reality, his helmet had pinched against his neck and broken his spine. He was left a paraplegic.

That kind of injury devastates a person. "When you get paralyzed, mentally what it does, most people are very depressed," says Tom Strang, a friend of Baylor's and Navy veteran who was paralyzed in an accident at home in 1990. "You feel like you're a burden. You lose all of your confidence. You're maybe suicidal.

"One day you're this big strong person, a breadwinner, with a good thing going, and then you're paralyzed. You become almost completely dependent on other people for so much so quickly. It's just hard to describe."

Baylor, though, never got down. Bearded, inked – his arms, shoulders and back are covered in Marine Corps, skull and snake tattoos – and still looking like the biker he once was, he "didn't have a minute" of depression.

"I credit that to my mother because of how hard-charging she was," Baylor says. "She lived to be 100 and she had to overcome a lot in her life, so she always kind of inspired me. It was her, and my Marine Corps training. Between them, I just don't know how to quit. Ain't happening."



His physical therapists tried to teach him some "home ec-type" lessons, he said, like how to use a washer and dryer from a wheelchair. Baylor wasn't interested.

"I knew how to do that stuff," he says. "I just didn't have the strength to do anything. And I'd always known strength. I knew if I could get strong again, I could do anything. So that's what I focused on: strength. I'd just lift weights and train all day."

The benefits were obvious when a therapist handed Baylor a heavy ball used for shot-putting by track and field athletes, and told him to throw it as far as he could. For most patients, that was a few feet.

"I took it and threw it, and it went the whole way across the room and hit a bunch of metal shelving and collapsed it with a giant crash. He looked at me and said, 'Let's get the hell out of here,' so we beat it."

"Later on, he went back and measured the distance I'd thrown it and told me that would win a medal anywhere."

The therapist was referring to Olympic-style competitions held for veterans who use wheelchairs. And his estimate of Baylor's potential was right on. He began competing in and winning not only shot competitions, but all kinds of races and events. His home is filled with trophies from all over the nation.

Baylor earned his greatest honor when Pittsburgh hosted the 31st National Veterans Wheelchair Games in 2011.

He opened the games by carrying the torch, won five gold medals in track, then closed the event by being named the "Spirit of the Games" winner. The award is voted on by the athletes and given to a person who inspires others.

That's Baylor's calling now.

He volunteers two days a week at the Pittsburgh VA's seating clinic, where paralyzed veterans and others are fitted for wheelchairs. He's also a peer counselor and a voice for disabilities awareness.

Baylor's work encouraging others is invaluable, says Chad Evans, a physical therapist at VA Pittsburgh's Highland Drive campus.

"Jerry's a volunteer, but he's also my go-to guy," Evans says. "Newly disabled people, they can sit here and listen to me try to get them going. But when they see Jerry and hear Jerry, that's critical. A lot of people are less disabled than him, and when they see him doing 10 times as much as they're doing when he's got 10 times the challenges, it's hard not to get involved. He's an inspiration to so many."

Strang can testify to that. An active hunter and angler, he entered a severe depression after his accident, fearful he'd never do those things – or anything – ever again.

"Jerry told me there was life in a wheelchair," Strang says. "He told me he hunted, he fished, he did these wheelchair games. He told me I could do all of that, that I could have a life. He said, 'You're going to be in a wheelchair, you might as well do as well as you can do.'"

Strang listened, and now – at 70 – he's not only still a sportsman, but a medal-winning athlete.

"I was heavy for years, and now I'm weightlifting and I'm racing," says Strang, laughing, as if he can't believe it himself. "I've always been very grateful for what he did."

Baylor is not one for speeches. His remarks upon receiving the "Spirit of the Games" award were measured in seconds.

But he believes it's important for people with spinal-cord injuries to help others in the same situation. It's a role he enjoys.

"I get more out of helping other people than I do winning medals myself," he says. "When I see guys competing who I helped get started, and I see that glitter in their eyes, that's what it's all about. When you give them another avenue in life, that's rewarding."

Baylor is the perfect person to set that example, says Alicia Pastva, his longtime girlfriend.

"He's always been an inspiration to me, given all that he's gone through, so I'm sure he inspires guys in situations similar to his own," she says. "He just has an ability to be up all the time and keep going."

Evans agrees. "He's an animal. He's got the drive of 100 men. He just keeps pushing."

Every morning, Baylor is up at 5:30 and on the local rail trail by 8 o'clock three to six days a week, training. He lifts weights and wheels the halls at the VA hospital before his volunteer work. On Sundays, he's in the gym, doing drills and scrimmaging with the Pittsburgh Steelwheelers quad rugby team. Quad rugby is an intense combination of football and rugby that Baylor enjoys because "there's lots of banging and hitting."

At 65 – nearly 15 years older than his next-oldest teammate, and more than twice as old as most of the rest – he's literally the only graybeard on the court. But he has no plans to quit now.

As if he ever could.

"I just can't stand sitting around," Baylor said. "I've got to keep moving, that's all."

Bob Frye is the outdoors editor for the Pittsburgh Tribune-Review. He lives in North Huntingdon, Pa.



The National Veterans Wheelchair Games is the largest annual wheelchair-sports competition in the world, attracting more than 500 athletes each year. The 2012 event will be in Richmond, Va., June 25-30.

The games feature 17 different sports, including trapshooting, bowling, track and field, softball, basketball and swimming. Competition is open to any honorably discharged veteran who uses a wheelchair and is eligible for health care in the VA system.

 www.pva.org, click on "Get Sports"

Jerry Baylor, right, and Chad Evans, a physical therapist at VA Pittsburgh's Highland Drive campus, team up to put on sports clinics for veterans in wheelchairs.

[VERBATIM]

“The government cannot put a chocolate on every one of their pillows and tuck them in at night.”

U.S. Rep. John Mica, R-Fla., chairman of the House Transportation Committee, on new rules requiring that pilots get 30 consecutive hours off per week and sleep eight hours a day

“Women. They are a complete mystery.”

Stephen Hawking, retired Cambridge professor and theoretical physicist, when asked by *New Scientist* what subject occupies most of his thoughts. Hawking, who was diagnosed with Lou Gehrig's disease at 21, turned 70 this year.

“Who the hell wants to work around hundreds of freaking rats?”



Media Bakery

Jim Gannon, spokesman for New York's Transport Workers Union Local 100, which has called for the Metropolitan

Transportation Authority to clean the city's subway stations more regularly. TWU is urging commuters who spot rodents to upload photos online for a grand prize of a monthly transit pass.

“If you ask me what keeps me awake at night, it's the Strait of Hormuz and the business going on in the Arabian Gulf.”

Adm. Jonathan Greenert, chief of U.S. naval operations, amid reports that the Obama administration has secretly warned Iran that closing the Strait of Hormuz would provoke a U.S. response

“And I'll even go 3 for 1 for (Senate Minority Leader Mitch) McConnell.”

Warren Buffett, pledging to match voluntary contributions made by any Republican members of Congress after the GOP responded to his *New York Times* op-ed calling for the rich to pay more taxes by introducing the Buffett Rule Act, an option on IRS forms for the wealthy to make donations

Sources: *The Washington Post*, MSNBC, Reuters, *The New York Times*, TIME

[FOREIGN AID]

Our friends in Japan

A year after the devastating triple disaster in Japan, which hammered the island nation with an earthquake, tsunami and nuclear meltdown, a record

82 percent of the country has friendly feelings toward the United States.

The findings are part of an annual poll conducted by the Japanese cabinet. As *The New York Times* reports, “Local news outlets said the results reflected the good will created here by Operation Tomodachi, or ‘friend,’ in which 20,000 American military personnel ... and 20 warships helped with rescue and relief operations.”



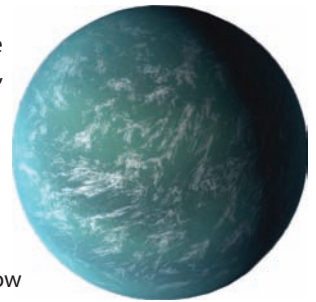
DoD/Lance Cpl. Brennan O'Lowney/U.S. Marine Corps

[SPACE]

SETI eyes Earth-like planet

The SETI (Search for Extra-Terrestrial Intelligence) observatory is training its telescopes on what technology news source CNET calls an “Earth-like planet” known as Kepler-22b. According to NASA, the planet is 600 light years away, 2.5 times the size of Earth and orbiting within the habitable zone of a sun-like star. “Scientists believe surface temperatures to be comfortably around 70 degrees,” CNET reports.

SETI recently rebooted itself after funding cuts forced a temporary shutdown. The Air Force is now conducting an assessment of whether it can utilize SETI's array of telescopes for “space situational awareness,” according to CNET.



NASA/Ames/JPL-Caltech

[WAR ON TERROR]

Leaving home to go home

Among the last of the U.S. troops to leave Iraq last December was a 27-year-old soldier in the 1st Cavalry Division who began the war as “a scared and hopeful Iraqi teenager.” As *The Washington Post* reports, he is known only as “Spc. Joseph” to protect his family in Iraq from recrimination.

The young man's remarkable journey from war-torn Iraq to U.S. citizenship and service in the Army began when he decided to serve as an interpreter for the U.S. military. Spc. Joseph spent six years in that role, but “his close association with the Army put his life in danger and

forced him to start over in the United States.”

“Once you start working for the U.S. Army in Iraq,” he told the *Post*, “you are finished.”

When he returned to Iraq in 2011, he was not only an American, but an American soldier. Although his family knows he moved to the United States, they do not know that he joined the Army, according to the *Post*.

As Spc. Joseph left Iraq, a fellow U.S. soldier asked, “You ready to go home, Joseph?”

In typical American fashion, the young Iraqi-American soldier replied, “Hell, yeah!”



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[LEGIONNAIRES IN ACTION]

Alabama post puts up funds for rehab accommodations

BY JAMES V. CARROLL

"Let service to the community, state and nation be the main objective of The American Legion and its members."

Recited by members of Fairfield, Ala., American Legion Post 137 at the end of their monthly meetings, these words are more than a pledge. They're a call to action. While small in number – about 155 – the post is big in deeds.

When members of Post 137, near Birmingham, heard about the Lakeshore Foundation's comprehensive efforts to rehabilitate severely wounded troops – called Operation Lima Foxtrot – they threw their support behind the local nonprofit, which promotes independence for people with physically disabling conditions.

"Our members voted unanimously to donate money for construction of one of the duplex apartment cottages at Lakeshore," Post 137 Commander Roy Gallups says. "We figured we couldn't afford not to do it. We wanted to do more than talk the talk. We wanted to walk the walk."

Using receipts from twice-weekly bingo games and other post fundraising activities, members put up \$50,000 for naming rights to a duplex under construction on the Lakeshore Foundation campus, in a Birmingham suburb.

"Our commander wanted to do something that would be a lasting reflection of everyone who has gone before us in the post," Post 137 Adjutant James Mosier says. "It's the largest gift we've ever attempted."

The duplex is one of 10 new homes called The Cottages of Lakeshore. Wounded servicemembers and their families will stay in the units during rehabilitation sessions at the 45-acre campus. The complex, a \$2.3 million project, includes a pair of three-bedroom cottages and four duplex cottages, as well as an arbor with fireplace, a cookout area, and a patio.

"The cottages provide a private, homelike atmosphere for injured servicemembers participating in Operation Lima Foxtrot," says Damian Veazey, Lakeshore's associate director of communications. "But the real benefit is being able to bring their entire family to share in their experience of regaining a healthy, active, independent lifestyle."



The foundation offers six programs that help severely injured troops regain active and independent lives through fitness, recreation, sports and transition support:

- **Operation Rise and Conquer**, an outdoor adventure weekend for servicemembers and their families.
- **Operation Night Vision**, for servicemembers with significant eye injuries or visual impairments.
- **Operation Alpha**, which offers sports and recreation for servicemembers with traumatic brain injury.
- **Operation Down Home**, which offers recreational sports for injured military personnel and their families.
- **Operation Endurance**, which gives local servicemembers access to daily fitness at Lakeshore facilities.
- **Operation Refocus**, which follows former Lima Foxtrot participants as they move on with their lives.

The Lima Foxtrot programs are provided at no cost, including air and ground transportation, lodging and meals. Activities include archery, marksmanship, rock climbing, swimming, scuba, tennis, wheelchair tennis, wheelchair rugby, track and field, and basketball.

The foundation has a 6,000-square-foot fitness center, a field house with a 200-meter track and three hardwood basketball courts. It also has two heated swimming pools, each with a zero-entry level, steps, ladders and a chairlift.

"I'm not surprised that Fairfield Post 137's Legionnaires stepped up and contributed to help their comrades in arms," says F. Wayne Turner, the Legion's National Executive Committeeman for Alabama. "What amazes me is that a small post with little more than 150 members contributed \$50,000. It just goes to show what Legionnaires can do when committed to a project."

James V. Carroll is photo editor of The American Legion Magazine.

Watch a video about Alabama Post 137's project:

 www.legion.org/magazine



The Legionnaires of Post 137 in Fairfield, Ala., raised money to build a duplex cottage for severely injured veterans.



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[PERSONAL FINANCE]

Spread the word about new Roth TSP

It's finally March. The snow is melting as temperatures warm. But there's more to celebrate than just spring and clean, invigorating air. The Roth version of the Thrift Savings Plan (TSP) arrives in April.

We're excited about what this development means for everyone serving in the military or working for the federal government that we want to get the word out. You may not currently work for the federal government, as either a civilian or part of the military, but we're banking on the fact that you probably know a lot of folks who do. So whether they're family members or friends, let them know that they now have the opportunity to incorporate the Roth version of the TSP into their retirement-savings strategy.

Why does the word "Roth" make us smile? Well, it's as simple as two words that when uttered together are very cool: tax-free. While contributions to this version of the TSP won't reduce your income taxes today as traditional TSP contributions would, current tax law allows these contributions (and all of their earnings) to be withdrawn tax-free after you're 59½ and have had the account for five years. If you fall into the camp that believes tax rates may be inching higher in the future, or you just want to hedge against that possibility, the flexibility offered by the Roth TSP is a breath of fresh air.



Wouldn't you like to own all of your retirement savings? That's not a trick question. With a traditional TSP or 401(k) account, every withdrawal is subject to ordinary income tax. With today's tax rates, that could mean your retirement savings will receive a 15-, 25- or even 35-percent "haircut." That's not the case with withdrawals from a Roth plan. With a Roth or even a combination of traditional and Roth accounts, you'll have more control over how much and when you pay taxes.

Remember: it's not how much you save for retirement that matters, it's how much you net after taxes. When our employer, USAA, rolled out the Roth version of its 401(k) a couple of years ago, we both signed up and started directing part of our retirement contributions to both plans, allowing us to save on taxes today and tomorrow. We think you and yours should consider doing the same. Tax-free, baby! Help us spread the word.

June Lantz Walbert and J.J. Montanaro are certified financial planners for USAA, The American Legion's preferred financial provider of financial services. Submit questions for them online.

www.legion.org/focusonfinances

[WEB]

Legion opens door to digital archive

The American Legion Digital Archive – a research tool allowing access to a host of National Headquarters materials and publications – is now available for public use.

Howard Trace, the Legion's library and museum director, says the archive "will allow the library to organize, share and curate digital assets." Library staff worked to customize the DSpace digital-repository software program, which is used by the Library of Congress and other major institutions, for the Legion's needs.

Currently, the Digital Archive provides full-text access to:

- All resolutions from 2000 to the present – more than 800, and approximately one-quarter of all active resolutions;
- National meeting digests from the past five years;

- The past four years of issues of *The American Legion Dispatch*;
- The past four years of American Legion press releases;
- Brochures and reports of Americanism, Children & Youth, Economic, Membership & Internal Affairs, Public Relations and Veterans Affairs & Rehabilitation, from 1998 to 2011;
- The Legion's annual report to Congress;
- The past three years of issues of *The American Legion Online Update*;
- The past three years of issues of *The American Legion Riders Update*; and
- The past four issues of the *National*

Veterans Affairs & Rehabilitation Commission Bulletin.

The archive is a work in progress. In the coming months and years, the site will be populated with more material, new and old, with the end goal of giving users the opportunity to see and read national documents dating back to 1919, the year the Legion was founded. Legionnaires can use these materials to give background and context to local post initiatives, or as templates for planning post programs or events. As the Legion's centennial in 2019 approaches, the archive is expected to be a valuable tool.

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These days, more and more people who suffer from aches, pains and stiffness are trying to treat themselves with pills, creams and ointments. Not me. When I want to feel better, I don't open my medicine cabinet, I open the door of my Jacuzzi Walk-In Tub. In a short time, I'm soaking away my pain and experiencing the luxurious, pain-relieving benefits of true hydrotherapy. Jacuzzi basically invented hydrotherapy and now they've made it accessible and affordable for people like me.

Unlike traditional bathtubs, our Designed for Seniors™ Walk-In Tub features a leakproof door that allows you to simply step into the tub rather than stepping precariously over the side. It features a state-of-the-art acrylic surface, a raised seat and the controls are within easy reach. No other Walk-In Tub features

How it all began... In 1956, the Jacuzzi brothers responded to a family member's need for pain relieving hydrotherapy. Their ingenuity and knowledge of hydraulics led to the creation of a portable hydrotherapy pump. The J-300 would turn any normal bath tub into a relaxing, rejuvenating hydrotherapeutic spa. Jacuzzi quickly became a household name; known to this day for quality products and reliable pain relief.

the patented Jacuzzi® PointPro™ jet system. These high-volume, low-pressure pumps feature a perfectly balanced water to air ratio to massage thoroughly yet gently. Some swirl, some spiral, some deliver large volumes of water and others target specific pressure points. They are all arranged in precise locations designed to deliver a therapeutic massage, yet they are fully adjustable so that your bathing experience can be completely unique.

Why spend another day wishing you could enjoy the luxury and pain-relieving benefits of a safe, comfortable bath. Call now and you'll get a unsurpassed limited lifetime warranty on the Designed for Seniors Walk-In tub from Jacuzzi. Knowledgeable product experts are standing by to help you learn more about this product. Call Today!



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Laboratory tests clearly show how Jacuzzi® outperforms other manufacturers' jet systems, producing a deeper and wider plume of revitalizing bubbles. Best of all, it doesn't cost you a penny more!

What to look for in a Walk-In Tub:

Pain Relief- Just soaking is fine, but nothing makes a bath more therapeutic and pleasurable than hydrotherapy. Some offer either air jets, water jets or both. The best choice uses a combination of air AND water.

Quality and reliability- Insist on a product that's made in the USA, with an acrylic surface that is more durable and easier to clean than traditional gel-coat tubs.

Practical features- Instead of getting a basic tub and then paying for options like Aromatherapy and ozone purification, look for one that offers these as standard features.

A manufacturer you trust- Go with a trusted name and make sure the tub and the operating system has a limited lifetime warranty... that way you'll get years of use and even increase the value of your home.

Endorsements- Only consider tubs that are ETL or UL listed. Also look for a tub tested to IAPMO (Internat'l Assoc. of Plumbing and Mechanical Officials) standards and that's USPC (Universal Spa Plumbing Code) Certified.

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[TROOP SUPPORT]

THE 'FAIR FACES OF COURAGE'

Legionnaire artists pay tribute to women in combat.

American Legion Post 28 in Spartanburg, S.C., unveiled local artist and Legionnaire Robert Wilson's "Fair Faces of Courage" at a ceremony last November.

Wilson had the idea for the painting, and his son, Robert Wilson Jr., helped paint it following a conversation with a female veteran of Post 28. The older Wilson flew paratroopers into Normandy on D-Day during World War II, and his son served in the Navy.

"When this painting was first conceptualized, the thought was to do a parallel to the Norman Rockwell painting depicting soldiers in the American army through the annals of time," Wilson says.

Prints of the original painting are available for purchase now for Women's History Month.

The Wilsons reflected on the fact that female troops are more often in harm's way today than in past wars, where they were mostly restricted to medical and administrative duties. Thus, their focus shifted to today's women on the front lines.

"Their sacrifices, isolation from family and children, hardships, and having to face the dangers of real combat require extraordinary courage," the Wilsons said in a statement accompanying the work. They found their subjects in various photographs of female servicemembers posted online.

Ed Hall, commander of Post 28, says that the post's 10 female veterans "are supported the same as our male members. They are active and important members of our post ... (and) are in love with the painting." Three of the women attended the November unveiling.

The Wilsons have granted full commercial rights and ownership of "Fair Faces of Courage," including copyright, to Post 28. A percentage of print sales will go to support post activities, including youth programs,



cash grants for needy veterans, apparel for the post's honor guard, and the post's own military museum.

The painting is available in a variety of formats. The original, dedicated to the women of American Legion Post 28, hangs in its main room.

Greeting cards and prints of "Fair Faces of Courage" are available for purchase online.

fineartamerica.com,
search "Bob Wilson"



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[CAREERS]

How to sweep up 'digital dirt'

Have you ever Googled yourself? What appeared in the search results? Was it positive, or did you find "digital dirt," negative information that you would prefer prospective

employers not read? That might include a criminal background, a dishonorable discharge, inappropriate YouTube videos or Facebook pictures, negative performance reviews and more.



To change your search results, you need to populate your online presence with new and positive information that will push the negative results back. Here are some ways to make that happen:

■ **Write a LinkedIn profile** that includes all your experience, honors, education, affiliations, keywords, recommendations, etc. LinkedIn profiles are almost always No. 1 and No. 2 in search results.

■ **Write an Amazon book review.** Amazon ranks high with search engines, so your review will most likely be one of the first things to appear in your results.

■ **Tweet or retweet important people in your industry.** This indicates that you're "in the know."

■ **Write a blog.** Start a blog on a topic related to your career goals, and write daily or weekly to get the most impact.

■ **Comment on others' blogs.** Writing comments on highly visible blogs (e.g., *Harvard Business Review*) can be extremely effective, but only if you have something intelligent to share.

Another issue is "digital ditto" if you have a common name like John W. Smith. This can derail your hard work if the "other" John W. Smith has a damaged reputation. How can you explain to someone who doesn't know you that you're not *that* John Smith? Here are two solutions:

■ **Change your professional name.** Instead of John W. Smith, start building your online presence as J.W. Smith or J. William Smith.

■ **Check out Vizibility.com,** a company that rank-orders your Google results with the use of its "Search Me" button and QR code.

Wendy Enelow is co-author of "Expert Résumés for Military-to-Civilian Transitions" and "Executive Résumé Toolkit."

[WAR ON TERROR]

Sacrifice

Sgt. 1st Class Kristoffer Domeij, an Army Ranger, was killed by a roadside bomb in Afghanistan on Oct. 22. The 29-year-old father of two was part of the team that rescued Jessica Lynch in the early phases of Operation Iraqi Freedom. But what's most remarkable about Domeij is that he deployed 14 times to Iraq and Afghanistan, spending a total of 48 months in the two war zones. He quite literally sacrificed his life for the United States and for the people of Iraq and Afghanistan. The young hero was posthumously awarded the Bronze Star and Purple Heart.



AP photo/U.S. Army

[EDUCATION]

VRAP gives unemployed vets hand up

Q: I am an unemployed Army veteran and heard there may be a program to assist me in education. Do you have any information?



A: Included in the VOW to Hire Heroes Act of 2011 is the Veterans Retraining Assistance Program (VRAP) for unemployed veterans, to be rolled out by VA and the Department of Labor on July 1. VRAP will provide retraining for the veterans hardest hit by the struggling economy.

VRAP offers 12 months of training assistance to unemployed veterans. To qualify, a veteran must be at least 35 but no older than 60; be unemployed, with special consideration given

to those unemployed for more than 26 weeks; have an other than dishonorable discharge; be ineligible for any other VA education benefit program (e.g., the Post-9/11 GI Bill, the Montgomery GI Bill, Vocational Rehabilitation and Employment Assistance); not be in receipt of VA compensation due to unemployability; and not be enrolled in a federal or state job-training program.

The program is limited to 45,000 participants during fiscal 2012, and to 54,000 participants from Oct. 1, 2012, through March 31, 2014. Participants may receive up to 12 months of assistance at the full-time payment rate under the Montgomery GI Bill Active Duty program (currently \$1,473 per month). Applications will be submitted through DoL, and benefits paid by VA. DoL will provide employment assistance to every veteran who completes the program.

Participants must be enrolled in a VA-approved program of education offered by a community college or technical school. The program must lead to an associate degree, non-college degree or certification, and train the veteran for a high-demand occupation.

Valerie Vigil, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. askvalerie@legion.org

[MEMBERSHIP]

NEW POSTS

Bryant Temple A.M.E. Post 109, Los Angeles. Chartered Jan. 18 (15 members)

Elk Plain Post 118, Spanaway, Wash. Chartered Jan. 18 (15 members)

Post 265, Anderson Island, Wash. Chartered Jan. 18 (15 members)

Post 415, Karnes County, Texas Chartered Jan. 18 (15 members)

Grasslands Estates Post 422, Wichita, Kan. Chartered Jan. 5 (15 members)

[RADIO]

Radio club to operate station for Legion birthday

The American Legion Amateur Radio Club's dedicated station, K9TAL, will operate as a special-event station March 15-17, to mark the 93rd birthday of The American Legion.

The station's tentative hours of operation are 10 a.m. to 4 p.m. EST. A special commemorative certificate will be sent to stations that work, or contact, K9TAL during those periods.

Established by resolution during the National Executive Committee's Spring Meetings in 2011, the Legion's Amateur Radio Club has gained hundreds of new Legion family members – many of whom were trained as technicians and engineers while serving in the military – and has set up shop at the Legion's National Headquarters in Indianapolis.

The station will be operating for the birthday event at a frequency of or about 14.270 megahertz (MHz).

For more information, contact Joe March at (317) 630-1253 or jmarch@legion.org.

www.legion.org/hamradio

[VETERANS AFFAIRS]

VA offers free credit monitoring for misidentified veterans

The Department of Veterans Affairs is offering free credit monitoring to more than 2,200 veterans whose personal information, including Social Security numbers, was posted on Ancestry.com following the mistaken release of data through the Freedom of Information Act (FOIA).

The website, which provides access to genealogical and historical information, requested information from VA about deceased veterans. Under FOIA, VA is obligated to release requested records upon written request unless they may be withheld.

On Dec. 13, after the information had been posted on Ancestry.com, VA learned that it had included data about living veterans because some of the death reports provided were inaccurate. No personal health information was posted, and the site removed all data sent by VA.

There is no indication that personally identifiable information of any veteran has been misused. However, VA is notifying all potentially affected veterans so that they can take steps to protect against identity theft. VA is also offering credit monitoring for one year at no charge to every veteran whose name was mistakenly released and posted.

Under FOIA, VA was obligated to provide the name, Social Security number, date of birth and death, military assignments, and dates of entry on and release from active duty for deceased veterans.

Veterans who believe they may have been affected by this incident should write to the **Department of Veterans Affairs, Attn: Garnett Best, OIT Privacy Officer (005R1A), 810 Vermont Ave. NW, Washington, DC 20420.**



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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

11th Bomb Grp Assn, Andrews AFB, MD, 5/16-20, Neal Siebenbruner, (507) 625-3240, jns@hickorytech.net; **22nd Troop Carrier Sqdn (Tachikawa, Japan) & 22nd Mil Airlift Sqdn**, Dayton, CO, 6/5-7, Henry Trujillo, (719) 545-4156, alute@comcast.net; **435th OMS Enroute Maint Sect Group**, San Antonio, 10/10-13, Stan Miller, (910) 922-4383, 435thomsenroute@gmail.com; **435th TCW Flamingo Wing Assn**, Fort Myers, FL, 4/20-22, Carl Gulbrandsen, (305) 238-0408, cgulbran@bellsouth.net; **45th MSS**, Rapid City, SD, 8/20-24, Steve Sehi, (402) 310-4326, hsolo44@hotmail.com; **502nd Tact Cont Grp - 605th, 606th, 607th & 608th ACW Sqdns**, Branson, MO, 10/20-23, Bill Aylward, (703) 715-0880, waylward1@verizon.net; **52-C Pilots Reunion**, San Antonio, 5/7-11, Jim Griffith, (830) 798-5403, hjgwjg@verizon.net; **555th MSF (1967-1968)**, Olathe, KS, 6/8-9, Scott Harris, (913) 780-4831, harrisscott36@yahoo.com; **73rd Bomb Wing**, Washington, 5/23-27, Cathy Debbrecht, (316) 778-1125, bombwing73@cox.net; **B-52 Assn**, Dayton, OH, 8/9-12, Wayne Pittman, (937) 426-1289, kwavn@earthlink.net; **Flamingo Wing (Homestead AFB, FL)**, Fort Myers, FL, 4/20-22, Flo Willmann, (305) 242-5563, flowill00@aol.com; **Pilot Class 60-F**, Branson, MO, 10/17-21, Bob Suhrheinrich, (813) 835-5658, bob.suhrheinrich@gmail.com; **Vietnam Heli Pilots Assn**, Indianapolis, 3/2-4, Bob Hamilton, (502) 386-4251, captbob757@aol.com

ARMY

1st Bn 33rd Armor, Fort Benning, GA, 6/7-10, Luke Lloyd, (813) 642-9450, lloydlr@quixnet.net; **1st Mil Intel Bn (ARS)**, Branson, MO, 6/7-9, Don Skinner, (503) 648-6059, donsk@frontier.com; **3rd Bde, 4th & 25th Inf Div (Dau Tieng, South Vietnam)**, Pittsburgh, 5/1-7, Gary Hartt, (503) 832-6955, gchartt@bctonline.com; **4th/23rd Inf Tomahawks**, Oklahoma City, 6/7-12, Bobby Kammerer, (580) 255-8483, bke@beitax.com; **5th Rgt Cbt Team (Korea, 1949-1951)**, Fort Mitchell, KY, 5/16-20, John Crail, (859) 635-9127; **7/13th Arty (Vietnam)**, Lexington, KY, 10/10-14, Robert Adams, (859) 806-5199, 1adams08@insightbb.com; **23rd Inf Rgt (Korean War Branch)**, Kansas City, MO, 9/11-15, Jim Coulos, (630) 232-2042; **24th Trans Co (Vietnam, Somalia, Iraq & Afghanistan)**, Riley, KS, 8/3-4, Rafael Morales, retread@24thtruckmasters.net; **26th Inf Rgt "Blue Spader" (All Yrs)**, Louisville, KY, 6/20-23, Tom Galvin, (703) 599-6480, tomgalvin.26thinfantry@gmail.com; **29th Div Assn**, Annapolis, MD, 9/13-16, Ivan Dooley, (410) 668-8624, cwoivanvdooley@aol.com; **61st FA Bn 1st Cav Div**, Branson, MO, 5/7-10, William Stewart, (812) 894-2802, wespsj@aol.com; **66th MP Assn**, Las Vegas, 4/26-5/1, Clark Hopper, (501) 317-6889, cthopper88728@sbcglobal.net; **84th Eng Bn**

Const (Vietnam), Charleston, SC, 6/21-24, Richard Sharp, (314) 821-8640, kwagnersha@aol.com; **85th Ord Co Direct Support**, Camp Jackson, LA, 3/8-13, Dallas Waterfill, (859) 265-7189, dallaswaterfill@yahoo.com; **94th Inf Div (WWII)**, Pittsburgh, 6/11-16, Harry Helm, (610) 363-7826; **109th Trans Co Petro Med Truck**, Allenton, WI, 9/13-15, Dewey Braden, (262) 388-1905, dbraden5117@charter.net; **220th Avn Co "Catkillers" (Vietnam)**, Seattle, 7/11-15, Norm Macphree, (509) 465-3158, catkillers2012@earthlink.net; **519th Trans Assn (Thailand)**, Rochester, MN, 6/28-7/1, Joseph J. Wilson Jr., (719) 310-3558, jjwilsonjr@yahoo.com; **558th MP Co (Northpoint, 1977-1982)**, St. Louis, 6/22-24, Gary Wilson, (937) 408-3153, gwilson41@woh.rr.com; **Aerial Rocket Arty Units**, Portland, OR, 5/23-27, Asa Talbot, (540) 298-7546, asatalbot@juno.com; **C Co 202nd Cbt Eng Bn (WWII)**, Carrollton, OH, 7/26-28, Carl Miller, (303) 627-4513; **F Trp 8th Cav (Vietnam)**, Atlanta, 4/26-29, Richard Gustafson, (361) 462-4395, guspolly@msn.com; **L Co 21st Inf Rgt**, Myrtle Beach, SC, 4/18-22, George Vlasic, (910) 287-5618, geonanvlasic@atmc.net; **Merrill's Marauders & Descendants**, Louisville, KY, 8/30-9/2, Jerrie Daly, (651) 204-5002, jerriedaly@gmail.com; **Outpost Harry Survivors (Korea)**, Fort Benning, GA, 6/7-10, E. Douglas Jones, (360) 466-1945; **Saumur Sig Depot**, Williamsburg, VA, 6/10-13, Arnold "Junior" Lauer, (973) 714-6413, jerzboy445@aol.com

COAST GUARD

Edisto AG 89/AGB 2/WAGB 284, Melbourne, FL, 4/22-26, Glenn Smith, (321) 269-5637, ussedisto@cfl.rr.com; **Wakefield AP 21 (WWII)**, Hagerstown, MD, 6/15-17, Dan Springer, (301) 733-2959, vze5cf41@verizon.net

JOINT

Nebraska Vietnam Vets, Columbus, NE, 8/16-19, Bruce Bounds, (402) 841-5524, pbounds@compnet.com; **Okinawa Survivors (WWII)**, Omaha, NE, 4/1, Tom Baye, (402) 553-6248, tmb113@msn.com; **Saigon Mission Assn US Embassy Def Attache Office**, Kissimmee, FL, 4/27-28, John Guffey, (405) 517-1143, john.guffey@netzero.net

MARINES

1st Bn 27th Mar (Vietnam), San Diego, 9/20-22, Felix Salmeron, (469) 583-0191, mar463@aol.com; **2nd Bn 1st Mar (Vietnam)**, San Diego, 11/8-15, Paul Mangan, (515) 360-2600, namgrunt@aol.com; **3rd Mar Div Texas Chpt**, Kerrville, TX, 4/12-15, Mike Sohn, (210) 654-3310, jumient2@hotmail.com; **3rd Recon Assn**, Williamsburg, VA, 9/25-30, Bob Hoover, (843) 302-2151, 2926rjh@gmail.com; **7th Comm Bn 1st Mar Div**, Las Vegas, 6/21-23, Keith Christensen, (530) 333-1916,

k9notails@aol.com; **9th Eng Bn**, Las Vegas, 5/6-10, Herb Shaw, (912) 424-9084, hshaw@bellsouth.net; **531 Gray Ghost Sqdn**, Oxon Hill, MD, 5/16-19, Paul Domalik, (352) 475-2231; **Bulk Fuel Assn**, Beauport, SC, 5/4-6, Howard Huston, (609) 432-4027, hhu61@aol.com; **Combined Action Program (CAP) Assn (Vietnam)**, Treasure Island, FL, 11/8-12, Fred Caleffie, (254) 547-0879, fcaleffie@hotmail.com; **Hawk Assn**, Washington, 6/8-14, Stan Buliszyn, (352) 509-2043; **Kilo Co 3rd Bn 7th Mar Rgt (Vietnam)**, Oklahoma City, 9/20-24, William Rolke, (262) 780-0993, k37usmc@att.net; **US Seagoing Mar Assn**, San Diego, 10/2-7, Charlie Sanford, (520) 825-5400, csan592864@aol.com

NAVY

Alfred A. Cunningham DD 752, Cincinnati, 10/3-7, Mike Merkel, (812) 537-0119, quartermasterdd752@comcast.net; **Blackfin SS 322**, Norfolk, VA, 9/4-8, Ed Poole, (770) 932-0642, tkepss322@att.net; **Carpenter DD 825**, Las Vegas, 4/22-26, Joel Weinbaum, (256) 351-8552, smokycolors@yahoo.com; **Chikaskia AO 54**, Pittsburgh, 4/25-29, Bob Grant, (352) 753-7552, bobgrant1942@gmail.com; **Claude V. Ricketts (formerly Biddle) DDG 5**, Jacksonville, FL, 5/3-6, Carl Slack, (603) 986-4661, rickettsddg5@yahoo.com; **Cobbler (SS 344)**, Groton, CT, 6/27-7/1, Edward Sherman, (413) 527-4157, st1ss344ebs@charter.net; **Cococino LST 603**, Colorado Springs, CO, 8/8-11, Ric Shute, (303) 794-5996, ricsh1aol.com; **Damato DD 871**, Columbus, GA, 9/16-20, Steve Scott, (706) 315-9117, stephen.scott@mchsi.com; **Diphda AKA 59**, Tucson, AZ, 5/6-10, Judy Bentley, (734) 675-0148, judycoo@hotmail.com; **Edisto AG 89/AGB 2**, Melbourne, FL, 4/22-26, Glenn Smith, (321) 269-5637, ussedisto@cfl.rr.com; **Forrest B. Royal DD 872**, Branson, MO, 6/21-24, Ron Larsen, (715) 423-8905, mosbyusn@wctc.net

Franklin CV 13, Bloomington, MN, 7/19-21, Stephen Rausch, (641) 435-4997, nashuatown1@peoplepc.com; **Fred T. Berry DD/DE 858**, Washington, 10/4-7, John Tittsworth, (203) 531-6618, sliptonit@aol.com; **Furse DD/DDR 882**, Baton Rouge, LA, 10/17-21, Martin Wuenschner, (314) 739-4833, mwuenschner@sbcglobal.net; **Galveston CLG 3**, Colorado Springs, CO, 9/26-30, Tom Campbell, (866) 398-2655, galveston@comcast.net; **Gearing DD 710**, Tampa, FL, 4/25-29, Bob Witkowski, (718) 824-3733, rjwemail@aol.com; **Greenwich Bay AWP 41**, Washington, 10/1-3, Martin Brown, (910) 582-3791, ussgreenwichbay@gmail.com; **Hailey DD 556**, Ocean City, MD, 5/14-17, Richard Pezzano, (732) 269-3450, usshaileydd556@yahoo.com; **Hancock CV/CVA 19**, Chicago, 5/2-6, John Hunter, (714) 898-0016, j.hunter3@verizon.net; **Hanson DD/DDR 832**, Portland, OR, 9/20-23, Jerry Matthews, (360) 262-9501, mjmcrego@msn.com

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Haynsworth DD 700 (1944-1970), Albany, NY, 9/19-23, James Horn, (717) 263-8090, haynsworth@comcast.net; **Henderson DD 785**, Colorado Springs, CO, 9/18-22, Albert Meeds, (704) 995-2874, xaramco@carolina.rr.com; **Ingraham DD 694**, Nashville, TN, 5/2-6, Doug Genereau, (813) 689-9339; **Inshore Undersea Warfare Grp 1**, Gautier, MS, 5/17-21, Wallace Tillman, (228) 990-9111; **Iwo Jima LPH 2/LHD 7**, McLean, VA, 6/6-10, Robert McAnally, (757) 723-0317, yujack@megalink.net; **John R. Pierce DD 753**, Orlando, FL, 9/11-14, Cecil Thompson, (337) 537-7533, cthomp9785@hughes.net; **Juneau LPD 10 (All Hands)**, Waterloo, IA, 6/14-17, Terry Baumfalk, (765) 432-8655, tbaumfalk@aol.com; **LANSHIPRON 9**, San Diego, 10/10-14, Rich Krebs, (970) 461-8604, rkrebs318@gmail.com; **Lowry DD 770**, Savannah, GA, 9/27-30, Chuck Girmius, (215) 744-7513, cgirmius@aol.com; **Macon CA 132**, Myrtle Beach, SC, 4/29-3/2, Fred Gunther, (919) 870-1453, fregun@aol.com; **Manitowoc LST 1180**, Evansville, IN, 8/2-5, David Sager, (763) 244-0051, kenbohanon@live.com; **Mansfield DD 728**, Nashville, TN, 8/22-25, Roy Compton, (615) 746-4613, jwauns5888@hotmail.com; **Markab AK 31/AD 21/AR 23**, Branson, MO, 9/26-29, Bill Hanzel, (303) 766-7035, bhanzel@comcast.net

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TAPS

Raymond L. Galazan, Dept. of Minnesota. Dept. Cmdr. 1993-1994, Nat'l Distinguished Guests Cmte. Vice Chmn. 1990-1992, Nat'l Americanism Cmsn. Memb. 1992-1997 and 2001-2004, Nat'l Exec. Cmte. Alt. Memb. 1995-1997, Nat'l Finance Cmsn. Liaison Cmte. Memb. 1997-2000, Nat'l Resolutions Subcommittee Memb. 1997-2001, Nat'l Children & Youth Liaison Cmte. Chmn. 2000-2001, and Nat'l Americanism Cncl. Vice Chmn. 2004-2012.
Lester L. Howard, Dept. of Idaho. Nat'l Distinguished Guests Cmte. G. Memb. 1953-1954, Nat'l Aerospace Cmte. Memb. 1955-1964, Nat'l & Homeland Sec. Cncl. Vice Chmn. 1969-1970 and 1972-1973, and Nat'l Foreign Relations Cncl. Vice Chmn. 1973-1982 and 1984-1985.
Robert P. McCreery, Dept. of Wyoming. Dept. Cmdr. 1979-1980, Nat'l Sec. Cmsn. Memb. 1982-1992, Nat'l Exec. Cmte. Alt. Memb. 1989-1992, Nat'l Sec. Cmsn. Liaison Cmte. Memb. 1992-1995, Nat'l Foreign Relations Cmsn. Liaison Cmte. Memb. 1995-1996, Nat'l Exec. Cmte. Memb. 1996-2000, Nat'l Foreign Relations Cmsn. Memb. 1996-2000 and Nat'l & Homeland Sec. Cncl. Vice Chmn. 2000-2007.
Robert C. Oliver, Dept. of Wisconsin. Nat'l Americanism Cncl. Vice Chmn. 1987-1989 and Dept. Cmdr. 1988-1989.
Robert E. Pope, Dept. of Virginia. Dept. Cmdr. 1969-1970.
Ken K. Ugaki, Dept. of Idaho. Nat'l Americanism Cncl. Vice Chmn. 1992-1993, Nat'l Distinguished Guests Cmte. Vice Chmn. 1995-1998 and Nat'l Counter-Subversive Activ. Cmte. Consultant 2009-2012.
George K. Walker, Dept. of Massachusetts. Dept. Cmdr. 1959-1960, Nat'l Mbrship. & Post Activ. Cmte. Memb. 1954-1958, Nat Econ. Cmsn. Vice Chmn. 1959-1960, Nat'l Exec. Cmte. Alt. Memb. 1959-1960, Nat'l Vice Cmdr. 1960-1961, Nat'l Americanism Cmsn. Vice Chmn. 1961-1962, Nat'l Americanism Cmsn. Memb. 1962-1968, Nat'l Internal Affairs Cmsn. Memb. 1969-1993 and Nat'l Cmte. on the Bicentennial of the U.S. Constitution 1985-1988.
William E. Wilkin, Dept. of California. Dept. Cmdr. 1999-2000, Nat'l Americanism Cncl. Vice Chmn. 1993-1995, 2001-2002 and 2004-2005, Nat'l Americanism Cmsn. Memb. 1995-1999 and 2000-2001, Nat'l Legis. Cncl. Memb. 1999-2000 and 2001-2002, Nat'l American Legion Magazine Cmsn. Liaison Cmte. Memb. 2002-2003, Nat'l Exec. Cmte. Memb. 2002-2004 and Nat'l Americanism Cmsn. Liaison Cmte. Memb. 2003-2004.

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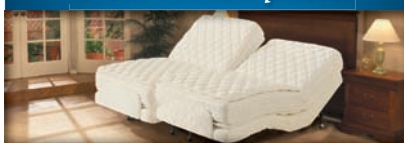
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A LAWYER was speaking to his client about the potential for a lawsuit.

"Sir," the lawyer said, "you have the best case I've ever heard." At that, the man thanked him and headed for the door.

"Where are you going?" the lawyer asked, astonished.

"I'm going to settle this out of court," the man replied.

"Why? I told you that you have the best case I've ever heard."

"It probably is, but not for me. I was telling you the other guy's story."

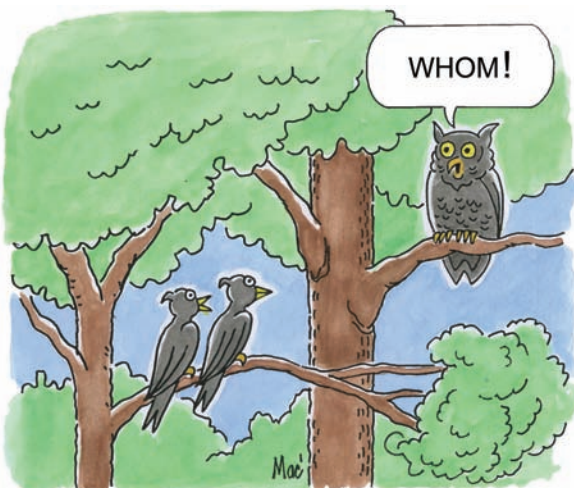
YOU KNOW the economy's in a slump when even the wages of sin are frozen.

A CHURCH in the heart of a big city was notorious for its exclusivity. A janitor took a fancy to the church and told the minister that he wished to join. The minister sought to evade the issue by suggesting to the man that he reflect more carefully on the matter and pray for guidance.

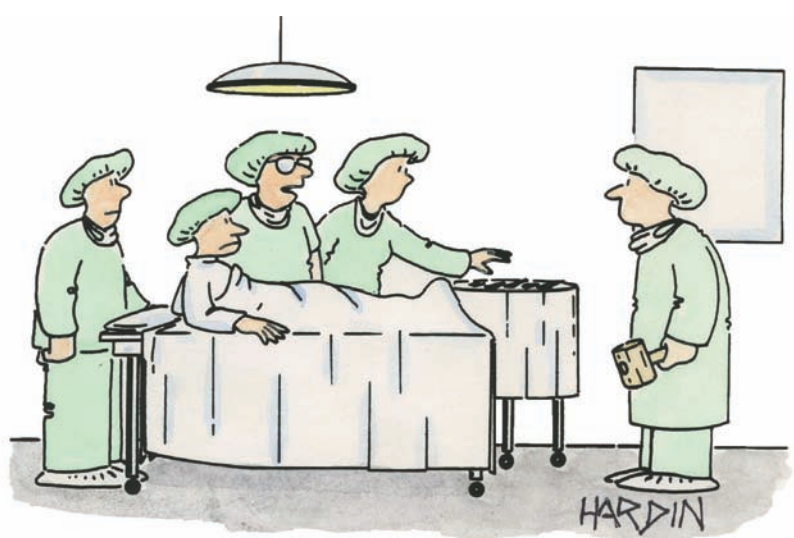
The following day, the janitor went back to the minister and said, "Well, I prayed last night, and God gave me an answer."

"And what was it?" asked the minister, at a loss. "What did the Lord say?"

"He asked me what church I wanted to join," the janitor replied. "I told him it was yours. And he said, 'Oh, no. You can't get into that church. I know you can't, because I've been trying to get into it for the past 10 years myself.'"



"He never lets you forget that he went to college."



"Pardon me, doctor, but where exactly did you study anesthesiology?"



"I'm working late at the office. I'll be home when the kids are grown."

TWO MEN were having a conversation about cooking. "I got a cookbook a few years ago," one said, "but I could never do anything with it."

"Were the recipes too hard?" his friend asked.

"You'd better believe it. Every one of them started the same way: 'Take a clean dish.'"

TWO LIONS strolled down Broadway Avenue in New York on a weekday afternoon. One turned to the other and said, "Not many people around today, are there?"

WHEN SOMEONE tells you, "This is the opportunity of a lifetime," ask if he's referring to your lifetime or his.

"KIM JONG IL, the crazy leader of North Korea who hated us, passed away over the weekend. And get this: his 28-year-old son, Kim Jong Un, is taking over. It won't be easy. He's got some big women's sunglasses to fill." – Jimmy Fallon



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